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MBA Guide

Tips, advice for getting down to business
pg 17

New unit can slap big fines on landlords

APARTMENTS More than 150 of the worst apartment buildings in Toronto are being targeted by a new city team that has the power to slap landlords with $60 per hour fees for inspections.

The new unit, announced yesterday, will begin its work Dec. 1 focusing on common areas in buildings, parking garages, balconies, electrical, water and heating systems, and exteriors.

Councillors, city staff, and residents have identified the 176 buildings that will be inspected in its first year — four per ward.

There'll be two inspections of a building where work orders will be issued. If a third visit is required the $60 per hour fee will apply until it is up to standard. **TORSTAR NEWS SERVICE**

Workology pg 25

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A taste for the Bond life

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THE ASSOCIATED PRESS

Barack Obama sheds tears as he talks about his grandmother, Madelyn Payne Dunham, at a rally in Charlotte, N.C., yesterday. Dunham died in her sleep Obama announced yesterday. She was 86.

Good day for change?

Obama leads in polls as U.S. picks new president

Barack Obama radiated confidence and John McCain displayed the grit of an underdog yesterday as the presidential rivals reached for the finish line of a two-year race with a burst of campaigning across key states from the Atlantic coast to Arizona.

"We are one day away from change in America," said Obama, a Democrat seeking to become the first black president — a dream not nearly as distant on election eve as it once was.

McCain, too, promised to turn the page of the era of George W. Bush, and he warned about his opponent's intentions.

"Senator Obama is in the far left lane" of politics, he said. "He's more liberal than a guy who calls himself a Socialist."

Late-season attacks aside, Obama led in virtually all the pre-election polls in a race where economic concerns dominated and the war in Iraq was pushed — however temporarily — into the background.

Grandmother dies

• Barack Obama,s grandmother, Madelyn Payne Dunham, died peacefully in her sleep at the age of 86, Obama said yesterday.

"She's gone home," Obama said at a rally. "So there is great joy as well as tears."

Early voting, more than 29 million ballots cast in 30 states, suggested an advantage for Obama as well, with official statistics showing Democrats outnumbered Republicans in North Carolina, Colorado, Florida and Iowa — all of which went for Bush in 2004.

Democrats also anticipated gains in the House of Representatives and Senate, although a significant number of races were rated as tossups in the campaign's final hours. **THE ASSOCIATED PRESS**

MORE COVERAGE, PAGES 9 & 10

Read an hour by hour guide to the U.S. presidential election for TV viewers at metronews.ca/world

'Have-not' Ontario to get $347M in equalization cash

MINISTERS Ontario is joining Canada's poorest provinces by receiving an equalization cash handout from Ottawa for the first time.

Starting next year, the province will receive $347 million from the $14.2 billion wealth-sharing program, federal Finance Minister Jim Flaherty announced yesterday.

Ontario's new "have-not" status was confirmed as it was revealed oil-rich Newfoundland will not qualify for equalization in 2009.

"I'm an Ontarian, I don't rejoice at this," Flaherty said after a meeting of Canada's finance ministers in Toronto. "It's kind of an odd feeling to see Ontario in such difficult straits."

Ontario is now among the needy like Quebec, Nova Scotia and Manitoba.

Ontario Finance Minister Dwight Duncan said his province would not be a "have-not" for long, but warned the federal government has to do more to help manufacturers.

"When you take for granted the automotive sector in Ontario and the industrial heartland of this country, that doesn't build partnership." **TORSTAR NEWS SERVICE**

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Passenger injured as taxi slams into tree
The passenger in a taxi was taken to hospital with life-threatening injuries yesterday after the vehicle lost control and struck a tree around 9:30 a.m. on Lake Shore Boulevard West in front of the Boulevard Club. TORSTAR NEWS SERVICE

Local

Gas slide

Pump prices across the GTA were expected to drop more than 6 cents a litre at midnight last night, which would push the price of gasoline to an 18-month low. MP Dan McTeague, who watches gas prices, said morning commuters will likely be able to fill up today for about 85 cents a litre. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Automotive

Kia enters a smaller, more competitive SUV segment with its new V8 Borrego sport-ute.

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What's online today.

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Check out Kenya Hunt's new style column at metronews.ca/live

Lotteries

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Daily Keno: 2, 3, 6, 13, 14, 20, 24, 26, 27, 29, 30, 32, 34, 39, 47, 48, 53, 54, 57, 67.
These results are not official.

Posters target 'yuppies'

Controversial posters targeting Leslieville "yuppies" will be taken down for inciting violence and vandalism, a Coun. Paula Fletcher says.

The anonymous posters cropped up throughout the neighbourhood in recent weeks, emblazoned with the contentious slogan: "No Yuppies in Leslieville."

"Yuppies & their stores pray (sic) on neighbourhoods," read the posters, plastered on pay-parking boxes, hydro poles and buildings. "They push up rent; well pushing the neighbourhood out."

The signs encourage residents to "save" the neighbourhood by acting out against yuppies — young, urban professionals — by boycotting their stores, smashing their windows and painting graffiti.

With their black background and bold red and white letters, the posters are identical in design — if not in message — to the "No Big Box in Leslieville" posters created by the East Toronto Community Coalition, a group fighting to keep big-box stores out of the area.

"It's a cowardly little stab at the community." Kelly Carmichael, co-chair of the ETCC

"I'm very concerned that anybody would run an anonymous campaign inciting others to violence," said Fletcher, who suspects the operation is the work of a "lone wolf." So far, no cases of violence or vandalism have been reported.

Kelly Carmichael, co-chair of the ETCC, said she was "disheartened and shocked" by the posters, which seem to criticize her group's efforts. "It's a cowardly little stab at the community."

The rapidly gentrifying neighbourhood has had its share of friction as rents rise to match demand. Those tensions came to a head in the ongoing debate over a big-box store and mall on Eastern Avenue, a battle now before the Ontario Municipal Board.

TORSTAR NEWS SERVICE

Police looking for shooting witness

LESLIEVILLE A man known to frequent the Duke of York tavern in Leslieville where Bailey Zaveda was killed two weeks ago is being sought by police as a possible witness.

The man is known as Addie or Addy and is said to be a regular at the Alpine Hotel, near Kingston Road and Victoria Park Avenue, and is described as black with light skin, between 28 and 32-years-old with a shaved head and muscular build at 6-feet tall.

TORSTAR NEWS SERVICE

News in brief

BEATEN Toronto police are looking for two male suspects after a cabbie was allegedly beaten for refusing to run a red light. Police say the driver picked up two men on Dundas Street East in Mississauga.

CRASH An autopsy shows that one of the women who died in a Richmond Hill Halloween crash was killed on impact, while the other died of severe injuries. Atena Arabsalmany, 21, and Niloufar Khanverdizadeh, 21, died after a Mazda 3 struck a white Jeep Liberty.

TORSTAR NEWS SERVICE

Doggone **Is that a campaign sign?**

PAWEL DWULIT/TORSTAR NEWS SERVICE

Sherri Brass-Haas walks her dog Patch past one of a number of Barack Obama campaign signs yesterday in the Wychwood and Maplewood avenues area in Toronto where many residents hold dual citizenship. An area resident brought back the signs from a trip to North Carolina.

Report unlikely to recommend tax

Toronto should require fast food restaurants and coffee shops to give a discount to customers who bring their own mugs, a long-awaited report to city council is likely to recommend today.

But the report is unlikely to call for more radical proposals — such as taxes on plastic grocery bags and disposable coffee cups, or requiring deposit-return systems on packaging.

The much-anticipated report deals with what the city calls "in-store packaging." That means wrapping or containers used by a retailer when a customer makes a purchase. It doesn't include packaging used by manufacturers.

Grocery bags and takeout food containers are the most prominent items affected; city staff were told to examine several options to curb packaging waste, including taxes.

But Mayor David Miller already signalled last week that taxing grocery bags and coffee cups is a non-starter.

TORSTAR NEWS SERVICE

Fund loses charitable status

A Canadian religious charity caught up in a $300 million donation scheme to aid the poor in Israel, the United States and here at home has lost its charitable status because so few of those dollars went to good works.

$1 out of every $100 donated to the Choson Kallah Fund of Toronto in certain years went to relieve poverty, an audit by the federal charity regulator concluded. The majority of the donations went to a tax shelter called the Canadian Humanitarian Trust that promised investors huge tax breaks for relatively small donations.

The Choson Kallah Fund is appealing the ruling, according to its president, Toronto rabbi Eli Gross.

TORSTAR NEWS SERVICE

Others

- This is the third high profile revocation of a tax-shelter connected charity in the past three months. The International Charity Association Network lost its status in August, and the Banyan Tree Foundation in October.

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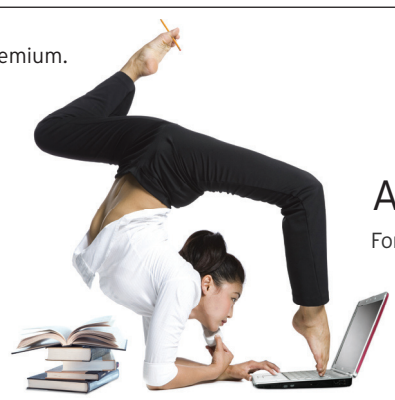

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Threat of strike looms over York University

Today is the final day of bargaining between York University and the union representing 3,250 part-time staff before a possible strike Thursday morning that would shut the campus down for all 50,000 students. TORSTAR NEWS SERVICE

Giambrone reassures riders

InTransit

Ed Drass

transit@eddrass.com

Are TTC finances in dire straits? Not according to commission chair Adam Giambrone. The transit agency is set to roll out the second part of a massive service increase that will bring TTC service close to the point it reached before a wave of cost-cutting in the 1990s.

Later this month, riders can expect additional rush hour buses to presumably bring crowding back to "reasonable" levels. Plus, all bus routes in the system will operate until at least 1 a.m. and no less frequently than every half hour. More details are coming soon, but these are substantial changes to both peak and off-peak service.

This expansion was envisioned before the current worldwide financial upheaval, but Giambrone says it is still budgeted for. Transit patronage may indicate the economic health of the city, and he says ridership growth appears steady at 2.5 per cent over 2007.

The chair did not rule out a fare hike for next year, but said the TTC's 2009 budget is still being considered by the city.

As for going into the red for 2008, Giambrone said, "We had a $6-million problem" earlier this year, but it is being resolved — and added that the amount pales in comparison to the TTC's $1.2-billion budget for operations.

Giambrone also downplayed stories of cutbacks in overtime expenses as well as a shortage of bus operators.

What about capital expansion?

The TTC is expecting billions over the next few years toward new projects and vehicles, right when the provincial treasury seems less able to supply funds.

One of the big purchases is $1.2 billion dollars for new streetcars, and Giambrone said "the vibes are very good" that the province will support this.

Later this month, riders can expect additional rush hour buses to presumably bring crowding back to "reasonable" levels.

He adds that regular meetings with government officials indicate Ontario plans to continue funding proposed for infrastructure projects.

Quick Tip

Q: Is GO Transit preparing for winter?

Tip: This year, GO really seems to be zeroing in on track switches — the crucial devices that can get jammed when ice and snow shake loose from passing trains.

More switches are getting hot air blowers (50 have been added this year, and the number of blowers near Union Station has risen about 25 per cent), plus protective covers and earlier preventative maintenance.

Also, GO believes its new MP40 locomotives are particularly well-suited for the demands of winter.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

Clayton Ruby

• Clayton Ruby: The main TTC union confirms it has hired the well-known lawyer to fight the TTC's new drug testing rules.

Accused will not testify at Livent trial

FRAUD Lawyers for Garth Drabinsky and Myron Gottlieb have ended months of speculation by announcing they will not call any evidence in the theatre producers' long-running fraud trail.

As the curtain fell on Act 1 yesterday with prosecutor Robert Hubbard closing the Crown's case, no dramatic Act 2 was called. The accused will not testify.

Neither Drabinsky's lawyer, Edward Greenspan, nor Gottlieb's lawyer, Brian Greenspan, would comment afterward.

Drabinsky and Gottlieb have pleaded not guilty to fraud and forgery at the now-defunct Livent Theatre Production Company. The trial resumes in December. TORSTAR NEWS SERVICE

Invest

• The two are alleged to have cooked Livent's books to dupe investors and lending institutions out of $500 million.

News in brief

CHILD CARE The province's plan to introduce full-day learning for four- and five-year-olds starting in 2010 is a perfect opportunity for Ontario to turn its patchwork of child-care services into a single system run by the government, said the Ontario Coalition for Better Child Care, which represents 500 agencies, associations and individuals.

HALTON HUNT Transport officials say thousands of accidents, many of them fatal, are caused by deer each year across the province. This week, a controlled deer hunt is taking place near Milton and Halton Hills. The hunt, which runs from just before sunrise to just after sunset and only until Friday, aims to cull hundreds of deer that are killing trees, damaging crops and causing accidents. Police are monitoring hunt zones, making sure hunters have one of 400 licences awarded in a fall lottery. TORSTAR NEWS SERVICE

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Police charge teen with uttering death threats on Facebook

Police have charged a 17-year-old with uttering death threats against staff and students of Oshawa's O'Neill Collegiate and Vocational Institute on the social networking website Facebook. Sgt. Paul McCurbin wouldn't explain the nature of the threats but did say the word "shoot" was used. **TORSTAR NEWS SERVICE**

Durham trails in GTA property values

Despite large jumps in property values in Uxbridge and Brock townships, Durham Region will see an average assessment increase of just 3.3 per cent in 2009 — the lowest of all GTA regions.

The Municipal Property Assessment Corporation (MPAC) has now mailed assessments to more than 201,000 property owners in Durham, for the first time since the province froze assessments in 2005.

Last week, Torstar News Service reported average assessment increases in a ward-by-ward breakdown for every other region in the GTA. Numbers for Durham were released yesterday.

"We found that municipalities closer to Toronto — Pickering, Ajax, Whitby, Oshawa — typically saw a lower increase between 2005 and 2008," said Kathy Blake, an MPAC municipal relations representative in Durham. "As you move out to the outer municipalities — Clarington, Brock, Scugog — you are seeing higher increases. Individuals are moving to the rural areas and the values are going up as a result."

Since the last provincial assessment, waterfront property and farmland saw some of the largest increases in the region: 24 per cent and 36 per cent, respectively. MPAC phases in assessment increases over the next four years, meaning owners of these properties will be hit with average increases of anywhere between six and nine per cent in 2009 alone.

TORSTAR NEWS SERVICE

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'Sauga looks to live at the mall

URBAN The transformation of Mississauga may begin with the central artifact of suburban sprawl: The mall.

"De-malling," a hot trend in urbanism, involves transforming ailing, aging malls — of which Mississauga has its share — into something different: denser, mixed-use, pedestrian-friendly hubs with buildings where people "will linger, live, work and play," according to one consultant.

Planners in Mississauga presented their dream of reinventing these traditionally car-oriented destinations — while leaving surrounding traditional neighbourhoods intact — in a plan presented to city council yesterday.

Containing growth projections for the next two decades and beyond, the plan is predicated on provincial goals of curtailing sprawl and spending large sums on improving public transit across the GTA.

Vision

- The Downtown 21 exercise looks to include smaller city blocks and doing away with surface parking in the core area.

There's no question tens of thousands of people are going to move into the so-called Urban Growth Centre that extends around the massive Square One shopping centre at the city's heart, all the way down Hurontario Street to the QEW.

That's the focus of a visioning exercise called Downtown 21 that wants to completely reinvigorate the core area.

But what's generating excitement among planners is the idea of "community nodes" anchored by smaller, often tired shopping centres such as Meadowvale, Erin Mills, South Common Mall and Sheridan that can become real "places", just like Port Credit and Streetsville — established communities with their own vibrant street life.

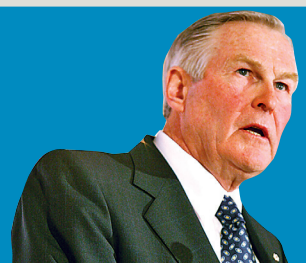
In place of vast acres of surface parking around the mall, these nodes would sprout six- to 12-storey buildings and a commercial presence at street level to encourage walking and use of transit. Surface parking would be mostly eliminated. **TORSTAR NEWS SERVICE**

Canadian missing in Amazon jungle
A Canadian who worked for an Ontario company that specializes in airborne geophysics was on board a plane that went missing Saturday in the Amazon jungles of Guyana, officials said yesterday. A Toronto-based uranium exploration company has identified the missing Canadian as Patrick Murphy. THE CANADIAN PRESS

Canada

"They both have a good understanding of Canada."

Michael Wilson, right, Canada's ambassador to the United States.



U.S. election

Michael Wilson said yesterday the Canadian government is prepared to work with whoever wins the election, dismissing reports of favouring the Republicans. THE CANADIAN PRESS

Father pleads guilty to freezing deaths

The father of two girls found frozen in a snowy field last winter sat sobbing in his courtroom chair yesterday after pleading guilty to criminal negligence causing death.

Christopher Pauchay, 24, of the Yellow Quill First Nation in Saskatchewan stood and nodded "yes" to the plea at what was to be the start of his trial in a makeshift courtroom in nearby Rose Valley.

Minutes later, he sat in his chair, his bandaged hands to his face, and wept. Pauchay is still recovering from the severe frostbite he himself suffered after spending hours in the bitter cold the day his daughters died.

Pauchay's lawyer, Ron Piche, said he believes his client should serve a conditional sentence in the community and will ask the judge to allow an aboriginal sentencing circle to recommend his client's fate. The application is to be heard Dec. 5 in Rose Valley. Crown prosecutor Marylynne Beaton said she cannot agree to such an arrangement and plans to argue that Pauchay should serve more than two years in a federal prison.

Vague memory of events

- Piche said his client had been drinking that night and only has a vague memory of what happened. Piche said Pauchay was a doting father who feels tremendous guilt, and didn't want to go through the pain of a trial.

Christopher Pauchay

Kaydance Pauchay, 3, and her one-year-old sister Santana became separated from their father after the three left their home on the reserve in the early morning of Jan. 29. The temperature would have felt like -50 C with the wind chill.

The girls were found wearing only diapers and T-shirts. THE CANADIAN PRESS

Competing accounts in Frost case

COURT David Frost's sexual exploitation trial heard competing accounts yesterday of alleged group sex under his watch as a hockey coach, one the tale of a "cult" taking direction and including him in threesomes, while the other points to a culture in which group sex is common among players and sexually adventurous girls.

David Frost

Frost has pleaded not guilty to four counts of sexual exploitation involving two of his former players. The incidents are alleged to have happened while he was the coach of the now defunct Quinte Hawks junior A hockey team in Deseronto, Ont., in the mid 1990s. THE CANADIAN PRESS

Langley, B.C. Mushroom farm accident

JEFF HOBSON/METRO CANADA

Tung Chan, right, CEO of the immigrant assistance organization SUCCESS, translates for Hue Dung Truong, whose husband is comatose after an accident at a Langley, B.C., mushroom farm, at a press conference in Vancouver yesterday. Family members of several men allegedly injured and killed by toxic fumes while working at a mushroom farm last month called for a public inquiry into the accident.

News in brief

HIV CASE Jurors at Johnson Aziga's double-murder trial have the week off while lawyers argue a legal issue in their absence. Aziga, 52, who was diagnosed with HIV in late 1996, is accused of deliberately spreading the virus that causes AIDS. He has pleaded not guilty to two counts of first-degree murder. THE CANADIAN PRESS

EnCana site closes leak after 3rd attack

INVESTIGATION Officials at a Calgary-based gas company say crews have closed a leak caused by the third attack on its sour gas infrastructure in northeastern B.C.

EnCana workers injected cement into a well Sunday night to seal the leak at a wellhead near Tomslake, south of Dawson Creek. The explosion was discovered Friday in an isolated area about 1,200 kilometres northeast of Vancouver.

Letters

- The Mounties believe the explosions are linked to a threatening letter sent to local media last month.

It was the third attack on EnCana's sour gas facilities in northern B.C. in the last month.

The RCMP's anti-terrorism unit and explosives investigators were waiting until the leak was sealed before starting work at the site. THE CANADIAN PRESS

Falun Gong facing 'eviction'

COURT Twenty-four hours a day, seven days a week, year-round, at least one Falun Gong practitioner sits inside a tiny hut outside of the Vancouver Chinese Consulate in silent protest to the Chinese government's outlawing of the spiritual movement.

The hut and surrounding protest signs appeared sometime in 2003 in front of the consulate — on city property. The city said yesterday it is seeking an 'eviction' and court order to force the Falun Gong protesters to remove the structure. THE CANADIAN PRESS

Airfares

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Travel Nov 23 - Nov 30/ts + taxes & fees $224

London $149
Travel Nov 26 - Dec 4/ts + taxes & fees $448

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Second World War hero laid to rest
Charley Fox, 88, a Second World War pilot honoured serveral times for his service, was laid to rest in Ottawa on Sunday. THE CANADIAN PRESS

Harkat case moving ahead

The court case against accused terrorist Mohamed Harkat is going ahead, even though the government has yet to hand over material it's been ordered to provide to the defence.

Justice Simon Noel of Federal Court rejected an effort by Harkat's lawyers yesterday to put off further hearings until the Canadian Security Intelligence Service makes the previously secret information available.

Noel said it would be better to get things started, even if it means a full airing of some issues has to wait until later.

The Algerian-born Harkat, a former pizza delivery man, is accused by CSIS of being an al-Qaida agent who should be deported as a security risk. He has denied any terrorist ties.

In the meantime, federal lawyers will start calling witnesses and presenting their case. Harkat's lawyers won't have to offer a full rebuttal until all the material they're entitled to has been disclosed.

THE CANADIAN PRESS

Allegations

- The allegations against Harkat were upheld by a Federal Court judge in 2005, but the Supreme Court of Canada threw out the findings because the excessive secrecy of the process infringed upon the Charter of Rights.

Charges laid in 'Dexter' case

COURT In a case police call a diabolically cruel convergence of art and life, Albertan filmmaker Mark Twitchell will appear in court today charged with first-degree murder.

Mark Twitchell

The 29-year-old fervid fan of the psycho-slasher TV show Dexter is accused of luring now-missing Johnny Altinger to a garage and killing him in a scenario that resembled Twitchell's latest film project — in which a man is abducted, tortured and hacked to bits.

None of the allegations against Twitchell have been proven in court and he hasn't had an opportunity to respond to the charge against him.

Altinger disappeared three weeks ago.

THE CANADIAN PRESS

News in brief

REFUGEES A paralyzed refugee claimant who failed in his attempts to stay in Canada is leaving a B.C. Sikh temple where he sought sanctuary and returning to India.
Supporters say Laibar Singh was to board a flight last night despite numerous attempts to lobby the federal government on his behalf.
Singh chose to return to India because he missed his four children, who are in their teens and early 20s.

THE CANADIAN PRESS

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Mussolini corpse thief dies
The right-wing activist and politician who stole the corpse of Fascist dictator Benito Mussolini more than a half century ago has died, his son said yesterday. He was 88. THE CANADIAN PRESS

World

One stuffed suitcase

A federal jury in Miami has convicted a wealthy Venezuelan of acting as an illegal foreign agent in the United States to cover up a Latin American political scandal involving a suitcase with $800,000 cash. THE CANADIAN PRESS

Afghan killed in kidnapping

TERRORISM Three men, two of them armed, in a red Corolla cut off a van of French aid workers yesterday, kidnapping one of them and fatally shooting an Afghan who tried to thwart the abduction by grabbing an attacker's machine-gun.

The kidnapping will add to the increasing anxiety felt by the international community in the Afghan capital, which has seen a rise in abductions of foreigners in the last month.

THE CANADIAN PRESS

EU pens secret letter to next U.S. president

The European Union has written a letter to the new U.S. president, calling for an era of closer co-operation in tackling issues of global importance.

The six-page draft letter addressed to "Dear Mr. President" will remain sealed from public view until the recipient is known after today's election.

The overriding theme of the document is multilateralism.

French Foreign Minister Bernard Kouchner described the letter to reporters, saying that both candidates "have shown an interest in Europe."

"They want to see the two shores of the Atlantic working together," he said.

Kouchner and other EU officials made clear that Europe wants to be brought in as an equal partner and to have its expertise recognized.

"There is life after the American elections."
Javier Solana

"There is life after the American elections," EU foreign policy chief Javier Solana said. "What is important is to see how we can work together."

THE CANADIAN PRESS

Pakistan **Lawyers protest**

ANJUM NAVEED/THE ASSOCIATED PRESS

Pakistan's deposed chief justice Iftikhar Mohammad Chaudhry speaks at a lawyers' protest yesterday against the government's firing of a dozen judges.

News in brief

TRIAL A security guard for Joan Rivers testified yesterday that producer Phil Spector was ejected from the star's parties for brandishing a gun.

SENTENCING A video maker for Osama bin Laden was given life in prison for encouraging terrorist attacks.

MURDER Kidnappers in Mexico killed a five-year-old boy by injecting him with acid after his family sought police help.

THE CANADIAN PRESS

Jury selection begins in biker trial

SHOOTING The jury selection process started yesterday in the trial in Sioux Falls, S.D., of two Canadians charged in a 2006 shootout that injured five members of a rival motorcycle club. During selection, several prospective jurors expressed concern about possible revenge. Chad Wilson and John Midmore are the accused.

THE CANADIAN PRESS

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10 world

Iranians cheer U.S. Embassy takeover
Hundreds of Iranian students burned American flags to celebrate the anniversary of the seizure of the U.S. Embassy. THE CANADIAN PRESS

Palin's political impact

McCain's VP choice sparked enthusiasm and scrutiny

The lower 48 states haven't seen the last of Sarah Palin, win or lose.

The presidential campaign has had an odd effect on Palin's unsettled place in political life. It punctured down-home myths about the Alaska governor and trimmed her down to size. Yet it may have helped her to be taken more seriously as a candidate in her own right in a future election.

Palin came to the country's attention as a woman in the mould of the man at the top of the Republican ticket. Reformer, independent operator, foe of the status quo. You know, maverick.

What's the difference between pit bulls John McCain and Sarah Palin?

Lipstick. So it seemed.

Scrutiny dulled the shine on McCain's nugget from the north.

The crusader against the "bridge to nowhere" actually supported it. The clean-hands governor ended up the subject of a legislative inquiry that found she abused power as governor. The woman who "took on" the oil companies also cries, "Drill, baby, drill." It's all a long way from Wasilla, Alaska.

THE CANADIAN PRESS

On the stump

- Palin has been the most biting critic of Democrat Barack Obama, a man she claimed — without factual basis — was "palling around with terrorists."

Flag-waving gunman clogs California highway for hours

CHAOS A man in a ski mask waved an American flag and a handgun on a freeway overpass for about three hours yesterday morning, forcing a massive traffic shutdown before he surrendered.

Police say crisis negotiators coaxed Edward Van Tassel, 28, to give up west of downtown Santa Barbara on Highway 101, a major route along the California coast. Traffic was jammed at least five kilometres in each direction.

After dropping his weapon, Van Tassel asked for a Barack Obama campaign sign, which authorities delivered to him. The man attached the sign to the overpass and was later taken into custody.

THE CANADIAN PRESS

News in brief

ECONOMY The U.S. government says it will borrow a record $550 billion US in the current quarter as it scrambles to fund huge rescue programs to deal with the worst financial crisis it has seen in seven decades.

REMAINS Authorities have identified multimillionaire adventurer Steve Fossett's remains where his plane crashed in California.

THE CANADIAN PRESS

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Comment & Views

Comment

Hero in darkest hour

Obama poised to be the president U.S. desperately needs

National**Report**

"One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country."

Crack open the champagne! The world — or so the script has it — changes tonight.

Rarely, if ever, has there been so much fascination in an American election. The anticipated triumph of Barack Obama is being built up as an epochal moment in time. Like John Kennedy in 1960, like Franklin Roosevelt in 1932.

The expectations being thrust upon the 47-year-old senator from Illinois are dizzying. Given the series of obstacles he faces — the wars, the debt, the deficit, the Wall Street crisis, the recession — there is a good chance he will be pulled down quickly from the mountaintop. Hopes that he will be a transformative president could begin to fade quickly.

One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country. The problem with politicians, he has said, is that they get to Washington and they get "sucked into the conventional wisdom." They haven't got the strength to withstand the pressures to conform. They haven't conquered their inner territory.

One of the foremost challenges for Mr. Obama, who has an almost mystical quality about him, will be to avoid that trap, to avoid succumbing to the pressures from the political hacks.

On the campaign trail he has been sounding disappointingly conventional of late. He talks, like most every American politician, of the need for big tax cuts — this when the country has a staggering debt and deficit load which make such tax cuts incomprehensible.

He had a refreshingly inclusive foreign policy but under pressure from lobbies it has become less distinguishable from the old-line stuff of John McCain as the campaign has progressed.

Supporters suggest — and we hope they are right — that Mr. Obama is only playing the games that are required to be elected. To read his book Dreams for My Father is to get a sense how different Mr. Obama is, how universal he is. It is what his country needs after the Bush years — a leader with a global mindset as opposed to a narrow American one.

When the hour is darkest, someone said, the hero will appear. In the story of the United States, it may be that time.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

Abuse that breaks a child's trust

By Dr. Catherine C. Classen

Dr. Catherine C. Classen

The sexual abuse of children is wrong and damaging no matter how you look at it. To suggest otherwise (and believe me, some will) is to be naive, deluded or complicit.

Whenever the perpetrator is a trusted family member or some other trusted caregiver, the effects are particularly devastating.

Research has shown that the effects of being sexually abused by a caregiver are far worse than if the perpetrator is a stranger or someone they know but don't depend on, such as a neighbour.

Knowing this, you may be surprised to learn that the courts in Canada appear to think otherwise.

A study by the Cornwall pedophile inquiry has found that in the sentencing of pedophiles in Canada, those who held a position of trust with their victim received significantly shorter sentences. That's right, shorter sentences. How can this be? One has to wonder whether we, as a society, cannot face the reality of abuse and its consequent damages.

Why is being abused by a caregiver so much more damaging to the victim? Psychologist Jennifer Freyd coined the term "betrayal trauma" to capture the particularly damaging effects of abuse by a caregiver.

A caregiver, such as a parent, is someone the child depends on to meet their basic survival needs, both physical and emotional.

The child abused by a caretaker is in the untenable position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional and psychological harm.

The child may use a variety of strategies in order to resolve this impossible and devastating dilemma, including blaming his or herself (rather than the perpetrator), repressing the memories (which, unfortunately, does not protect the victim from its effects), or creating alternate personalities to experience the abuse so that other parts of the child can retain a relationship with the caregiver.

None of these alternatives protect the child from the devastating consequences of sexual abuse by a caregiver; consequences which include a sense of being worthless and fundamentally bad and an inability to trust or to form healthy intimate relationships.

Sexual abuse by a caregiver can require years of psychotherapy and a lifetime to overcome.

"The child abused by a caretaker is in the untenable position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional and psychological harm."

We, as a society, need to face the disturbing reality of what it means when a child is sexually abused by someone upon whom they must depend. The courts need to send a clear message that such a betrayal of a child's trust deserves the full weight of the law.

Dr. Catherine C. Classen is associate professor in the Department of Psychiatry at the University of Toronto and academic leader of the Trauma Therapy Program at Women's College Hospital.

Letters

Jennifer Sage Dwivedi, TORONTO

I am an American woman now settled in Canada. I found Rick McGinnis' comment (Sit this one out, ladies, Oct. 31) to be fundamentally flawed in that it assumes that, as an American woman, one would automatically identify with another solely on the basis of gender.

The article omits any other qualifying factor which would convince an American woman to vote for an individual, be it race, creed, policy views on health care, abortion, etc.

That is exactly the same error and assumption that John McCain made — that women would be swayed by another woman. Little heed was given to the fact that Sarah Palin is an unqualified person at best.

Your point is well-taken but hardly the solution we need when this farce of a woman is allowed to run for vice-presidency.

Pierre Savoie, TORONTO

James Bissett's column urging a slowdown of immigration makes sense. We are still admitting a large number of people into Canada, as if we had a chronic labour shortage. We must tailor this rate to the tough times. What's worse, when masses of people move to more prosperous countries, they consume much more than before, leading to increased carbon emissions. A cutback in immigration must be enacted now or we will have no planet left at all.

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Financial downturn hits Transcontinental's direct mail business
The financial crisis has sideswiped Transcontinental's U.S. direct mail business, causing the Montreal-based printer to shut down a Pennsylvania plant, cutting 460 jobs, and consolidate the business in its Hamburg plant 100 kilometres away. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

FOOD Food processing company E.D. Smith says it is closing its Cambridge, Ont., salad dressing manufacturing plant by July, affecting 85 jobs. It will shift production to facilities in Seaforth, Ont., and Pennsylvania.

RESORT Donald Trump has won permission to build a $1.6-billion US golf resort in a coastal area of Scotland that is home to rare birds and other wildlife — despite objections of local authorities in Aberdeenshire. **METRO NEWS SERVICES**

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Stocks shake universities

Pension plans, endowments hit

Universities are bracing for a series of "body blows" as the stock market implosion hits their pension plans and endowments hard.

The economic uncertainty also could affect operating budgets and enrolment, said Sheldon Levy, president of Ryerson University in Toronto.

Gary Brewer, vice-president of finance and administration at York University, said the university's pension plan, which stood at about $1.3 billion at the beginning of the fiscal year, had dropped by about 10 per cent by September. And the University of Toronto said its pension plan was in a deficit position.

Endowments are also being squeezed by stock market losses. Endowments are donations that universities invest to generate revenue for things like scholarships, financial aid and research chairs.

Another uncertainty is provincial funding. Several university officials said they had not received any signals from Queen's Park, which projected a $500-million deficit for the 2008-09 fiscal year.

Also unknown is the effect a prolonged downturn could have on enrolment, which generates revenue for universities through tuition and student fees.

TORSTAR NEWS SERVICE

Controlling costs

- Some universities are already taking action to contain costs. The University of Waterloo's president David Johnston said most hiring for new or vacant positions would be "postponed" and asked that "discretionary spending, especially on large items" also be delayed.

Canadians still shopping for cars

AUTO SALES Canadian sales of cars and light trucks continued to creep ahead last month, creating a stark contrast to the slip-sliding south of the border. Overall vehicle sales rose to 122,711 vehicles in October — up 1.5 per cent over the same month of 2007, according to DesRosiers Automotive Consultants. Auto industry analyst Dennis DesRosiers attributed the positive numbers to lower vehicle prices. **THE CANADIAN PRESS**

TSX offers relief to stock issuers

CHANGES The Toronto Stock Exchange is offering temporary relief from some listing requirements to companies listing their stock on its main and junior TSX Venture boards.

The changes, which will last until the end of next March, will allow issuers to increase the amount of stock buybacks under normal, and has almost doubled the remedial review period for delistings to 210 days from 120 days.

THE CANADIAN PRESS

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Are we Generation Bling?

SmartCookies

Who are you trying to impress? Not your friends or your family, who know that you are living way beyond your means.

This past week, the Smart Cookies spoke to 600 bright-eyed high school students about money.

We took our message to this next generation with the goal of instilling some financial wisdom that we certainly didn't get (or listen to) at their age.

And a recent study indicates that we are not alone in our financial ignorance. Charles Schwab reports that most "Generation Xers" — aged 27 to 40 — are way behind when it comes to retirement savings. Almost half of the 5,000 people surveyed reported being so overwhelmed by debt and living paycheck to paycheck, that they could not even begin to think about savings and retirement planning.

As we began to think about what advice we could offer, we also thought about how generations before ours dealt with their money and what advice we could take from them now. One of our own Smart Cookies recalls chatting with her grandfather about how individuals of his age group spent and saved, and his answer was simple; "we had no credit, if we wanted to buy something, we had to have the cash to do so." Sound simple? It is!

"In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling?"

Below are a few lessons we can learn from the generations before:

Cash, cash and more cash.

It may sound old school, but Smart Cookies live by the cash system. We allow ourselves an allotted amount of "fun money" each week, and when the money disappears, we are not allowed to resort to credit. It's helped us get out of debt, start saving and also has kept our priorities in check.

If the shoe fits, you don't have to buy it.

For whatever reason, our generation never learned this lesson. Instead we feel that we are entitled to everything our parents worked their whole lives for — the beautiful home, the luxury car, the fabulous wardrobe — by the time we are 30. You will have all these things, just not right now. If you wait until you can truly afford them, these possessions will mean much more.

Whose life are you living anyway?

It's easy to fall into the trap of trying to keep up with your friends when it comes to portraying an image, but if it means using your credit, it's time to reconsider your priorities.

In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling? Not your friends or your family, who know that you are living way beyond your means. And we are willing to bet that your boyfriend doesn't care whether you have the latest Prada bag!

Visit smartcookies.com for more money saving tips and e-mail questions or comments to smartcookies@metronews.ca.

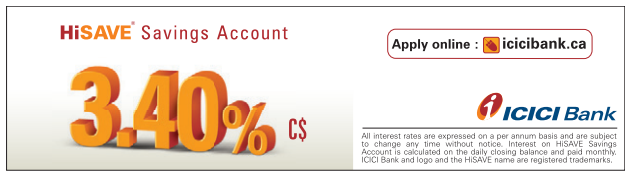
And pick up our book Smart Cookies Guide to Making More Dough on sale in bookstores.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

The online column will return next week.



Ready, set, tax free savings

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q Like many Canadians, I have lost tremendous value in my investments both inside and outside my RRSPs. I plan to strategically sell some of them to minimize my tax burden, including a transfer to the new tax free savings account. Liam

A The past several weeks have been very stressful for many Canadians — particularly upon the receipt of their monthly investment statements. No wonder about the increased lack of consumer confidence. Who in their right mind feels great, as they helplessly look on as their wealth continues to evaporate? Most financial advisers would not recommend selling after portfolios have taken such a huge hit. However, individuals that have made their decision to sell some stocks should do so with Prime Minister Stephen Harper and his merry band in waiting.

Investments sold inside RRSPs will not have tax consequences. RRSP losses cannot be used against income in their tax filing. Should an individual choose to withdraw any of these funds from their RRSPs, Mr. Harper will be more than happy to accept contributions. Investments sold outside RRSP will pay tax on gains and losses can be used to reduce gains. Transfers from a non-registered plan to a registered plan is considered a deemed dispositions for tax purposes.

Proposed in the 2008 budget, the new tax-free savings account (TFSA) becomes available in the new year, 2009. Individuals with any spare cash but with no desire to share with Mr. Harper should consider opening a TFSA. Here are some highlights:

- Starts January 2009 at most lending institutions
- Individual Canadian residents, 18 years and older may contribute up to $5,000 annually.
- No tax deduction for contributions.
- Interest, dividends , capital gains, etc., are tax free.
- Withdrawals not taxed.
- Unused allowable contributions can be carried forward.
- Allowable investments, similar to RRSP eligibility, such as stocks, bonds, etc.

Your banks are ready and waiting.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Clemens judge mulls claims

A U.S. federal judge said yesterday he is "agonizing" over the status of a defamation lawsuit Roger Clemens filed against his former personal trainer, who accused the pitcher of using performance-enhancing drugs. District Judge Keith P. Ellison made the comment after a nearly two-hour hearing in which attorneys for both sides reiterated arguments. METRO NEWS SERVICES

Sports

Bosh player of the week in East

Raptors forward Chris Bosh was named the Eastern Conference's player of the week yesterday. Bosh led the Raptors to a 3-0 week, including two road wins, by averaging 26.0 points, 10.0 rebounds and 3.7 assists. He recorded at least 20 points in all three contests and led the team in rebounds each game. Hornets point guard Chris Paul took the Western Conference honour. METRO NEWS SERVICES

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Tonight

VS

7:30 p.m.
TV: TSN
Radio: AM 640

THE SKINNY: The back end of a home-and-home between these two, with the Leafs looking to avenge Sunday's 6-4 loss.

Leafs raising the bar

A thinly talented team with little to no expectations, the Leafs have raised the bar entering November.

"There's definitely something to build on," said Leafs forward John Mitchell, one of several new faces in Toronto who sparked the club to a better-than-expected 5-3-3 October record.

"I think everyone has seen that we're a competitive hockey team, even when we're down a couple of goals," he said. "We may not have the most talent in the league, but there's an abundance of work ethic and heart, and we have a lot of speed. And the way we are now, we can accomplish a lot without an abundance of skill." Mitchell's words are echoed in the dressing room, but such enthusiasm will be put to the test this month. Toronto's schedule features a three-game swing through western Canada and the Leafs open December with a three-game swing against western opponents south of the border. The question that no doubt will surface, beginning tonight with the Leafs rematch against Carolina, is how far their new attitude can take them. Leafs coach Ron Wilson yesterday wisely tempered the club's inspired play this past month by underlining the fact that skill can — and will — win over his club's underdog status.

"There will be nights when the skill of the opponent gets the job done," Wilson said. TORSTAR NEWS SERVICE

John Mitchell has been one of the pleasant surprises early in the Leafs' season.

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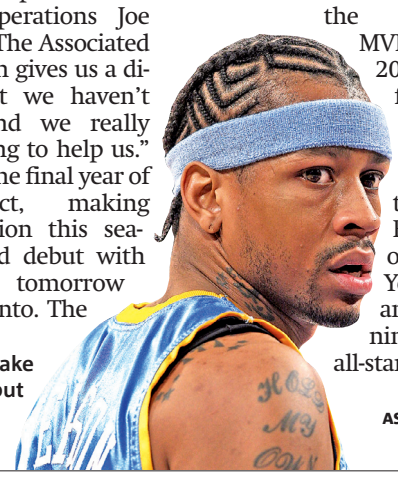
Iverson dealt to Pistons

NBA The Detroit Pistons shook the NBA in a big way yesterday — landing former MVP Allen Iverson from the Denver Nuggets.

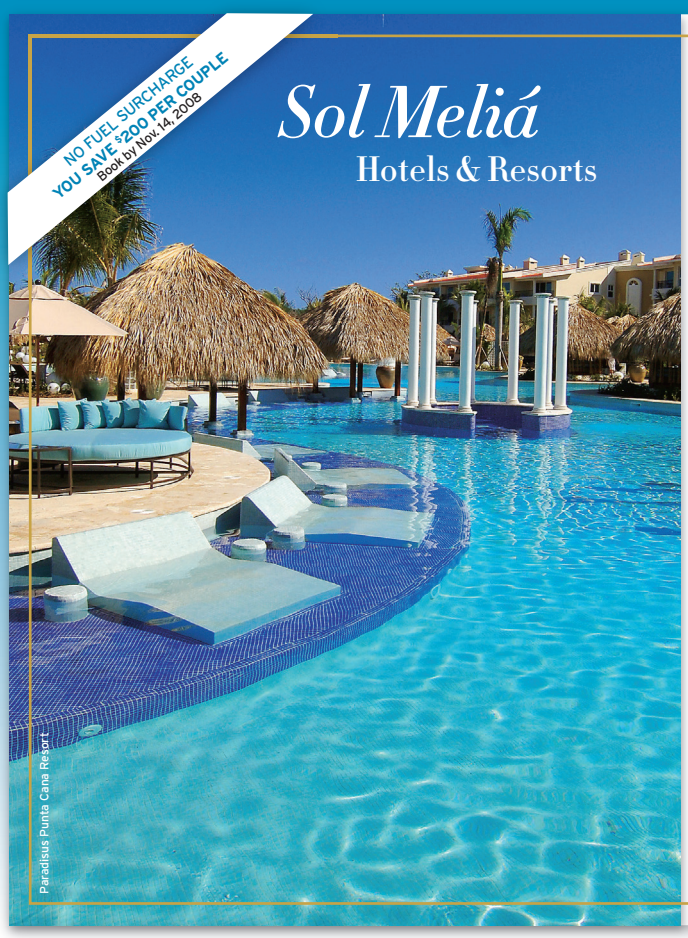
The Pistons gave up all-star point guard and former NBA Finals MVP Chauncey Billups, top reserve Antonio McDyess and project Cheikh Samb. "We just felt it was the right time to change our team," Pistons president of basketball operations Joe Dumars told The Associated Press. "Iverson gives us a dimension that we haven't had here and we really think it's going to help us." Iverson is in the final year of his contract, making US$20.8 million this season. He could debut with the Pistons tomorrow night in Toronto. The blockbuster deal comes two games into the season for Detroit. The Pistons have been a model of consistency in recent years, but they were determined to transform their core following a third straight exit from the Eastern Conference final last spring. Iverson brings considerable star power to Detroit. The 20th-leading scorer in NBA history was the league MVP in 2001 — four years after being the Rookie of the Year — and is a nine-time all-star.



Iverson may make his Pistons debut in Toronto tomorrow.

THE ASSOCIATED PRESS

AIR CANADA VACATIONS



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Hat trick for Anaheim
Ducks' trio Ryan Getzlaf, Corey Perry and Teemu Selanne shared the NHL's first star honour after combining for 28 points last week. METRO NEWS SERVICES

Ovechkin back with Caps

NHL Alex Ovechkin returned to the Washington Capitals yesterday, practising with his teammates after a week away to spend time with his ailing grandfather in Russia.

The NHL's reigning MVP and last season's leading scorer was among the first few players on the ice at the team's practice facility, out with coach Bruce Boudreau about 15 minutes before the full session began. He skated yesterday with his usual linemates — centre Nickas Backstrom and right-winger Viktor Kozlov — and is slated to play tonight, when the Capitals visit the Ottawa Senators.

Ovechkin

Ovechkin missed two games while he was gone, ending a 2½-season consecutive games streak.

Washington went 1-1 without Ovechkin, beating the Nashville Predators in a shootout at home, then losing 5-0 to the Buffalo Sabres on the road Saturday night.

Ovechkin thanked Capitals general manager George McPhee for letting him leave the team to be with his mother's father, who helped raise Ovechkin.

"It shows you how good people (they are) here — how they love me, how they respect me and how they respect my family," Ovechkin said.

The Russian hasn't scored a goal in his past six games, and he acknowledged Monday his grandfather's health was weighing on him. Being away "helped me a lot," Ovechkin said. He skated with a team of teenagers to keep in shape while in Moscow. THE ASSOCIATED PRESS

Sports in brief

BASEBALL Ruben Amaro Jr. signed a three-year contract yesterday to become general manager of the Philadelphia Phillies, a quarter-century after he was a bat boy for the team. Amaro just completed his 10th season as assistant Phillies GM and replaces the retiring Pat Gillick, who will remain with the team as an adviser.

BASEBALL The Toronto Blue Jays made a pair of waiver claims yesterday, getting right-handed pitcher Kelvin Jimenez from the St. Louis Cardinals and shortstop Angel Sanchez and from the Kansas City Royals. Jimenez split last season between St. Louis, where he allowed 15 runs in 24 innings over 15 games, and the triple-A Memphis Redbirds.

NFL The Detroit Lions are turning to a former Pro Bowl quarterback for help in trying to win their first game of the season. Daunte Culpepper has agreed to a two-year deal with the Lions and said yesterday he would sign it after taking a physical.

NFL Texans quarterback Matt Schaub has an injured MCL and will be out at least two weeks. Schaub was injured when he was hit by Jared Allen in Sunday's loss to Minnesota.

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Egypt.....14.9 ¢
Iran from.....3.9 ¢
Iraq. from.....4.9 ¢
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Kuwait.....6.9 ¢
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CFL West semifinal sells out fast
Tickets to Saturday's CFL West semifinal in Regina between the Lions and Roughriders sold out in 35 minutes yesterday. METRO NEWS SERVICES

Alouettes the new odds-on favourites

YorkReport

Marty York
marty.york@metronews.ca

Before the CFL season kicked off in late June, the Montreal Alouettes were perceived as so inept and so incompetent that they were ranked as the longest of longshots to capture the Grey Cup championship.

They were 110-to-1 underdogs — with all seven of the CFL's other squads ranked by oddsmakers ahead of them, including the Toronto Argonauts, who were listed as Grey Cup favourites at 2.35-to-1.

And so it boggles the mind that, as this little league of lunacy prepares only four months later to launch its playoffs, it was the Argos who turned out to be inept and incompetent — and ineligible for post-season participation — while Montreal has emerged as the team to beat.

In fact, when the oddsmakers updated their CFL odds yesterday, the Als were listed as the new Cup favourites at 2.25-to-1.

They are followed by the Calgary Stampeders (2.5-to-1), the Saskatchewan Roughriders (8-to-1), the B.C. Lions (10-to-1), the Winnipeg Blue Bombers (17-to-1) and the Edmonton Eskimos (19-to-1).

• The Als finished atop the Eastern Division and defied the odds this season because:

– New head coach Marc Trestman quickly adapted to CFL-style football when skeptics suspected his strictly-NFL background would prevent him from doing so.

– Quarterback Anthony Calvillo, at 36, bounced back from a 2007 season of on-field and off-field adversity.

– Every other Eastern team, including Toronto, were dreadful.

• The Als need only two victories — the Eastern final and the Grey Cup game, both on their home turf — to win the CFL championship, which is largely why they're post-season favourites, but I'm sticking with the team I chose before the season — the Stamps, who have a first-rate offence with MVP candidate Henry Burris, their quarterback, as well as running back Joffrey Reynolds and receiver Ken-Yon Rambo. Reynolds and Rambo led the CFL in rushing and receiving, respectively.

And here's something else for the Als to worry about: The second-place finisher in the East has advanced to the Grey Cup game in three of the past four years. Winnipeg finished second in the East this season.

• And, in baseball, B.C. native Ryan Dempster has let it be known he's planning to jump from the Chicago Cubs as a free agent because the club will not offer him more than a three-year contract.

Dempster, an all-star pitcher in the past season, is 31 and wants at least four years guaranteed.

Either way, he's due for a bulky raise and will make no less than $12 million US a year.

The most he made for any of his seasons with the Cubs was $5.5 million.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Favourites

• Oddsmakers have established the Blue Bombers as 2.5-point favourites over the Edmonton Eskimos for Saturday's Eastern semifinal in Winnipeg. The Roughriders, meanwhile, are 3.5-point favourities over the B.C. Lions for Saturday's Western semifinal in Saskatchewan.

Als, Lions dominate all star teams

CFL The Montreal Alouettes and B.C. Lions dominated the Canadian Football League division all-star teams announced yesterday.

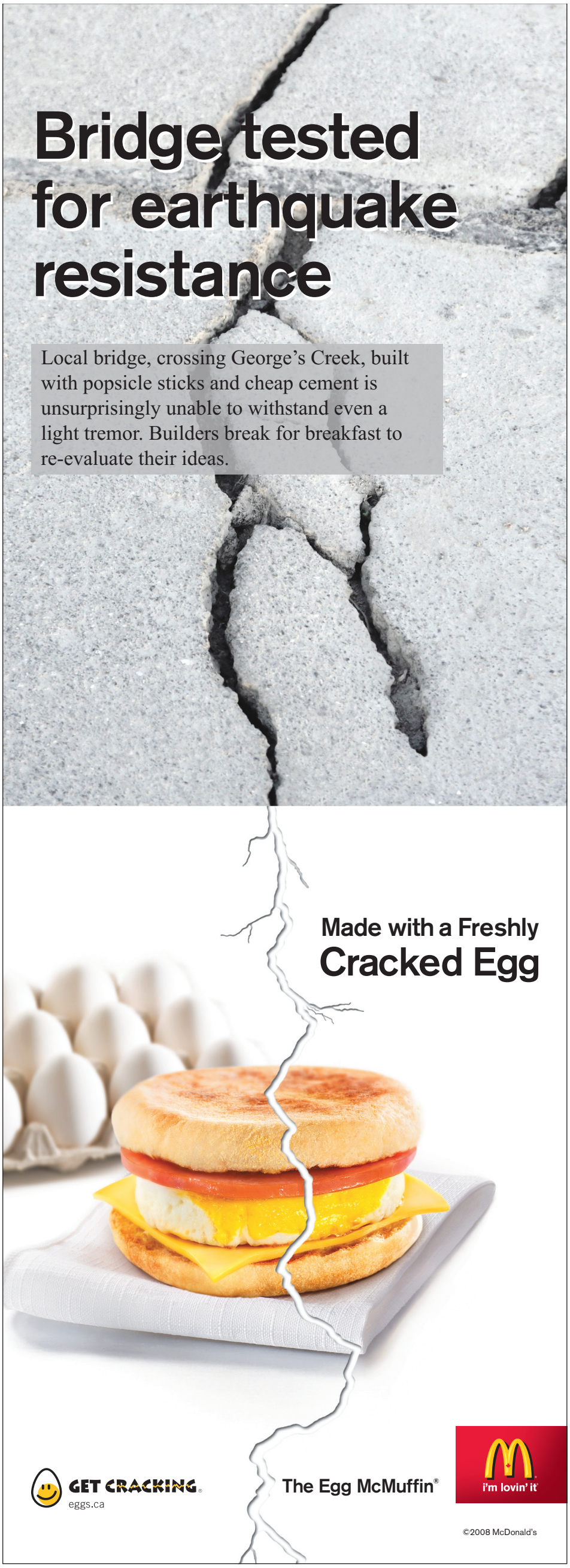
The 11-7 Alouettes, the only team to finish better than .500 in their division, took 14 of the 27 spots on the East all-star team, including nine on offence.

The Toronto Argonauts had four and the last-place Hamilton Tiger-Cats had three all-stars in the East.

Alouettes on the East team were Outstanding Player candidate and quarterback Anthony Calvillo, tailback Avon Cobourne, receivers Ben Cahoon Kerry Watkins and Jamel Richardson, offensive linemen Josh Bourke, Scott Flory, Paul Lambert and Bryan Chiu, defensive tackle Keron Williams, linebacker T.J. Hill, cornerbacks Mark Estelle and Davis Sanchez, and kicker Damon Duval.

In the West, the Lions all-stars were receivers Paris Jackson and Geroy Simon, tackles Jason Jiminez and Rob Murphy, defensive tackle Aaron Hunt, rush ends Cam Wake and Brent Johnson, linebacker Javier Glatt, defensive backs Dante Marsh and Korey Banks, safety Barron Miles, punter Paul McCallum, and returner Ian Smart.

THE CANADIAN PRESS



Management going green
Sixteen universities in the U.S. and Canada have MBA programs with emphases, concentrations or specializations in environmentally and socially responsible business, according to the Association for the Advancement of Sustainability in Higher Education. GREENBIZ.COM

MBA Guide

Women execs supported: Study

Female executives are backed by emotionally supportive husbands more often than previous research would suggest, a study co-authored by a York University professor has found. According to the research, women rank this emotional support as the biggest enabler of their success in work and family life.

METRO NEWS SERVICES

EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

A degree that works

MBA can get you closer to lucrative employment

MBAs can get you the six-figure jobs but it's useful to consider time and money factors before enrolling into a program.

BRIAN TOWIE
brian.towie@metronews.ca

MBAs can advance a career, but it takes time and money, and your circumstances may dictate whether or not it's worth your while to pursue one.

A Master's Degree in Business Administration helps to break barriers and get you closer to the job you want at lucrative pay, and it's not just for the Bay Street boardroom types who pour over charts and demographics as one might think.

Many MBA programs offer hands-on opportunities to learn outside of the classroom — studying abroad, setting up entrepreneurial initiatives in your school's surrounding community, networking with senior executives — a student can pick up valuable business acumen and experience in a number of ways.

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works," says Barbara Jaworski, founder of The Workplace Institute and 50Plus Worker And Beat The Workforce Crisis.

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works. If you've hit a ceiling, it's also an excellent way to start a new career."
Barbara Jaworski, founder of The Workplace Institute and author of Kaa-Boom! How to Beat The Workforce Crisis

"If you've hit a ceiling, it's also an excellent way to start a new career."

It's the degree that cross-pollinates, adds Tricia Ryan, author of marketing resource book Hungry To Succeed.

Even coupled with a degree that may be unrelated to business, economics and finance, an MBA shows trainability in more than one discipline and can lead to advancement in various fields.

"There's a realization that you've got a range of skills, and that can put you in senior positions in the long term," she said.

Some MBA schools have figured this out. York University's Schulich School of Business blends its MBA program with elective subjects such as arts and media, property development and health industry management.

Of course, it takes a serious investment of cash and time to yield that wealth of experience.

Students can expect to pay through the nose for an MBA (one of the most expensive ones being the University of Toronto's Rotman School of Business' full-time MBA program, which runs more than $67,000), and curriculums can keep you out of the job market for more than a year.

You must therefore ask yourself if an MBA merits that kind of commitment, says Ryan, noting part-time and 12-month intensive programs are growing in popularity among graduates and professionals.

"That is a challenge. Though it is a fabulous work experience, it's harder to go back and do an MBA if you're already making six figures," she said.

"You have to think about how far you are in your career. Let's say you went somewhere where it would cost $100,000 per year. How many years you would need to work to pay that back? If you've been working for some time, consider how many years you have left. Do you have the time?"

MBA programs across Canada

If you want to get that degree that will give you an advantage in the boardroom, but aren't sure where to take it, here are some of your cross-country options. Tuition fees don't include cost of books, living expenses, etc.

- **University of Alberta School of Business**
Where: Edmonton
How much: $23,500
Length of program: 16 months
This business school can frequently be populated by students looking to go into the oil and gas sectors, with a wide range of both international and domestic students participating in the program. Dean Mike Percy is well-connected in the city, and students who perform well can develop a network among Edmonton's power players that much faster.

- **University of British Columbia, Sauder School of Business**
Where: Vancouver
How much: $38,967.06
Length of program: 15 months
Sauder attracts the outdoorsy type who works as hard as they play: The penthouse boardroom gives a view of the North Shore mountains and access to Whistler is easy.

- **University of Calgary, Haskayne School of Business**
Where: Calgary
How much: $24,000
Length of program: 16 months
Much like the University of Alberta's School of Business, students can hob-nob with oil and gas execs in a small but booming community.

CONTINUED ON PAGE 18

Do you see an MBA in your future?

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Master of business administration programs coast-to-coast

>> CONTINUED FROM PG. 17

• **Carleton University, Eric Sprott School of Business**
Where: Ottawa
How much: $5,000 (approx.)
Length of Program: 12 months
This MBA program is transitioning its focus from academics — which is still a central part of its curriculum — to a more hands-on, on-the-job feel. This program also doesn't require you to have two years of work experience before starting an MBA, which accounts for many of the fresher faces you might see in class.

• **Concordia University, John Molson School of Business**
Where: Montreal
How Much: $10,000 (varies depending on frequency of payment)
Length of Program: 16 months
Unlike the McGill program, Concordia's curriculum focuses on innovation instead of tradition. The program puts high value on hands-on learning and offers students more flexibility with its options to mix electives and begin at three different times during the year.

• **Dalhousie University, School of Business Administration**
Where: Halifax
How Much: $2,550 per course
Length of Program: 20 months
Nestled in the heart of Halifax's trendy downtown, Dalhousie offers a well-rounded program where students can take advantage of opportunities abroad with international exchange programs. Regional pubs, golf courses and beaches help learners relax after a day of heavy learning.

• **McMaster University, Michael G. DeGroote School of Business**
Where: Hamilton
How Much: $20,989
Length of Program: 20 months
Students at DeGroote enjoy a world-class faculty without the competitive mood of some business schools in nearby Toronto. The school boasts that four out of five program graduates are employed within three months of graduation, and that a McMaster MBA provides a 118 per cent salary increase, the highest in Canada.

• **University of Ottawa, School of Management**
Where: Ottawa
How Much: $11,485
Program Length: 12 months
Perfect for bilinguals, Ottawa's MBA students take their classes in both English and French, with the competency to write exams and complete assignments in both. Graduates commonly look for jobs in government departments and Ottawa's tech sector. The school also offers a shortened program for those who don't want to be off work for more than a year.

• **Queen's University, School of Business**
Where: Kingston
How Much: $60,000
Length of Program: 12 months
Ranked No. 1 in 2006 by BusinessWeek Magazine, Queen's University's School of Business features an intensive 12-month program that integrates one-on-one coaching and an international exchange program at one of their 15 partner schools in Europe. Students can also take advantage of a fast track to a Certified Management Accountant (CMA) designation and a Project Management Professional designation.

• **Saint Mary's University, Sobey School of Business**
Where: Halifax
How Much: $14,137
Length of Program: 16 to 20 months
Sobey often plays No. 1 to rival Dalhousie, but students are often drawn by its growing reputation thanks to its smaller class sizes and collegial atmosphere. The school has strong Maritime roots and places high value on giving back to the community around it, often pairing students with local businesses to work on projects.

• **Simon Fraser University, Segal Graduate School of Business**
Where: Burnaby, B.C.
How Much: $27,000
Length of Program: 12 months
The curriculum of this intense MBA program packs in two years worth of study in 12 months. Students learn the fundamentals of functional management areas: Finance, accounting, marketing, operations, economics and strategy. The program also includes a field study in a Pacific Rim country.

University of Toronto, Rotman School of Management
Where: Toronto
How Much: $67,997.74
Length of program: 2 years
Boasting one of the best pedigrees in the country, the Rotman School of Management is located in North America's third-largest financial centre. The school ranks 40th in the annual Financial Times rankings of the top MBA programs in the world, and is in the top 20 in North America. It's not a school for the gentle: Students who attend are usually on their way to the cutthroat world of Bay Street.

• **University of Victoria, Faculty of Business**
Where: Victoria, B.C.
How Much: $27,750
Length of Program: 17 months
This MBA program is still relatively new, as it was started in 1992. But students are attracted to the program due to its small class sizes and personal attention from professors and peers. The program also offers the opportunity to study at partner institutions all over the world.

• **University of Western Ontario, Richard Ivey School of Business**
Where: London, Ont.
How Much: $64,000
Length of Program: 12 months
This program is about as Ivy League as it gets. It's Canada's oldest MBA institution, and is reputed for its connections to the nation's financial establishment. More than half of Ivey's grads head into Bay Street professions such as investment banking and management consulting. Recreational activities at the school include monthly wine-tastings and hockey tournaments with Harvard and Dartmouth.

• **York University, Schulich School of Business**
Where: Toronto
How Much: $45,000
Length of Program: 20 months (on average)
Schulich's main selling point is its diversity. The school recommends that students take more than one of its 20 specialized subjects, ranging from finance to real estate and infrastructure to business ethics. More than 60 per cent of Schulich's MBA students hold an international passport, and prior work experience means its students come from various walks of life, ranging from financial veterans to small business owners to artisans.

BRIAN TOWIE/METRO TORONTO

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Scotiabank supports students from China

Scotiabank recently partnered with Guanghua School of Management at Peking University and the Schulich School of Business at York University. The initiative established a $1-million endowed scholarship program to support Chinese students wishing to complete their MBA studies in Canada. METRO NEWS SERVICES

Being realistic key in tough market

Jobs may have fewer perks but MBA grads remain in demand

ERIC EMIN WOOD
for Metro Canada

Despite the recent downturn in the stock market, you wouldn't think it's time to write off the value of an MBA – and you'd be right.

"It" still moving along from our perspective," says Shahauna Siddiqui of BluEra, an executive search company in Calgary. "We're finding that companies who have been well managed are taking advantage of the downturn to build their companies, so when things start picking up they'll be ready to attack the market."

A graduate of the University of Calgary's Haskayne School of Business, Siddiqui remained at the school as an MBA career coach and later as associate dean before transferring to the executive search industry.

Siddiqui admits the job market in the next year might be challenging. "But MBA students are unique," she says, "because they already have a career history. I don't think companies will be recruiting as much directly on campus, but I think for MBA students there's still a great market."

Student expectations need to be realistic, says Joseph Palumbo, executive director of the career centre at the Schulich School of Business at York University. "If your goal is to work at one of the five big Canadian banks, you'll work there," he says. "It just may not be in the area that you want."

Students may have to settle for lower-paying jobs within banks, Palumbo says. "Instead of making $90,000 as a base salary, you might be making $60,000 as a base salary. Still pays the bills, still very good, just not as high-flying," he says.

MBA students will also have to expect a drop in signing bonuses, Palumbo says. "In top banking jobs, you're going to get $20 to $25,000 in signing bonuses," he says. "I am very convinced that those will be gone this year."

While experts admit the job market next year might be challenging, Joseph Palumbo of the Schulich School of Business at York University says that companies are still coming to hire students.

Both Siddiqui and Palumbo predict a spike in enrolment. "It's fairly logical that if you lose your job, this is a great opportunity to go back and re-invest in yourself," Palumbo says. "Then when you come back out, the market will be better and you're going to be more marketable."

"Instead of making $90,000 as a base salary, you might be making $60,000 as a base salary. Still pays the bills, still very good, just not as high-flying."
Joseph Palumbo

Ultimately, Palumbo says, the job market will be stronger for people in entry-level positions, since many companies are cutting senior staff and hiring new recruits at the lower end.

"We're seeing companies that are very public about their job cuts, yet they're still coming to get students," says Palumbo. "Why? Because if you don't continue to get students, then ten years down the road, when you're looking for your future managers and directors, you don't have them."

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A C A D E M I C E X C E L L E N C E . E X C E P T I O N A L E X P E R I E N C E .

Queen's MBA

Career Management Speaker Series
Daniel Porot, one of Europe's leading pioneers in career design and job hunting, will be speaking Nov. 17 at the University of Toronto. The event is part of the Career Management Speaker Series at Rotman. METRO NEWS SERVICES

MBA Tour to hit Canadian cities

TAGHREED SAADEH
for Metro Canada

The MBA Tour shows no signs of slowing down as it gears up to go around Canada in early November. As part of their global journey, the MBA Tour will visit Vancouver and Toronto on Nov. 6 and 8 respectively, introducing prospective Canadian MBA students to key decision makers.

The MBA Tour is an organization travelling with top universities and business schools from around the world, offering MBA candidates the chance to meet one-on-one with admissions directors, take part in panel presentations and round table discussions, and hone their networking skills.

This event gives prospective MBA candidates an opportunity to speak personally with business school representatives and alumni.

"The MBA Tour event in Toronto is an opportunity for students to meet directly with admission representatives who can influence admission decisions," said Peter von Loesecke, CEO and managing director of the MBA Tour LLC.

"It's a chance to introduce yourself to decision makers. Very important to schools because by showing interest, you are demonstrating that you are more likely to choose that school if accepted, rather than a school you never visited."

The tour also provides an outstanding opportunity for candidates to research business schools and make informed education and career choices, whilst offering the business schools an ideal chance to meet a highly targeted audience of the world's best young professionals.

"If you are interested in a school not in the Toronto area, a prospective MBA can learn about how that school is perceived locally and how that school has placed alumni in Toronto," he said.

Twenty-seven of the top 30 North American business schools and all the top schools from Europe, Asia and South America are part of the QS World MBA Tour.

The MBA Tour has hosted more than 165 MBA events in 28 countries.

If you go

- **WHEN:** Saturday, November 8, 2008
WHERE: Metro Toronto Convention Centre
TIME: 11:00 am - 5:00pm
FEE: $5 Pre-Register Online www.thembatour.com
$10 On-Site Registration
All registration proceeds will be committed to The MBA Tour Scholarship Fund

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UPCOMING INFORMATION SESSIONS

Wednesday, Nov. 12, 2008 | 12 noon & 5:30 p.m.
Laurier Toronto MBA Campus
St. Andrew's Club & Conference Centre
Sun Life Financial Tower | 150 King St. W., 27th floor

Saturday, Nov. 15 | 11 a.m.
Delta Meadowvale
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Top school
The Rotman School redesign is part of U of T's $200-million plan to "rank among one of the world's finest business schools." FINANCIALPOST.COM

Job site targets MBAs

TAGHREED SAADEH
for Metro Canada

Canada's MBAjobs.ca helps employers find highly skilled MBAs.

Canada's newest job site is helping employers find highly skilled MBAs.

"It is the only MBA job site in Canada catering to employers who are looking for highly skilled and educated professionals who have expertise in demanding areas such as finance, accounting, operations, project management, business development, human resources, marketing and IT," said Maggie Austring, president and founder of MBAjobs.ca.

"Employers will ... find very high-quality applicants from our large, diverse pool of MBA professionals," she added.

Finding and hiring innovative and knowledgeable talent has never been more important than in today's business market, said Austring, who is also a professor in the business faculty at the University of Regina.

"MBAjobs.ca centralizes all the MBA-related needs in one place," she said. "(It's) a true, simple and an effective solution to hiring in the Canadian MBA job market.

"We are not the same as other online job boards; we have an innovative team paying close attention to the job posting results.

"We are serious about getting results for our employers."

According to MBAjobs.ca, 40 per cent of MBA-required jobs across Canada are finance-related, and the most MBA-required jobs are in Ontario (46 per cent).

Students test their mettle

Entrepreneur Michele Romanow is turning her caviar dreams into reality.

Romanow, an MBA graduate from Queen's University, along with undergrads Anatoliy Melnichuk and Ryan Marien, groomed their idea for a caviar-producing fish farm into the winning entry at a prestigious business plan competition at the University of Western Ontario.

Now they're harvesting caviar roe from wild Atlantic sturgeon and selling it to restaurants across Canada for $80 to $100 an ounce, while seeking $6 million in venture capital to develop their own fish farm.

MBA students and undergraduates at business schools across Canada participate in case competitions to hone their problem solving, entrepreneurial and presentation skills. Competitions may be in-house or corporate-sponsored and open to national or international entries.

Winners earn everything from trophies to big cash prizes, and sometimes receive plum job offers from top companies or attract the attention of venture capitalists.

Romanow's group won the $25,000 first prize at Western's IBK Capital-Ivey Business Plan Competition in March, and, with four other victories and two second-place finishes in other competitions, the group earned a total of $100,000 in prizes that they used to start Evandale Caviar.

Students at business schools participate in competitions to win venture capital.

Evandale has sold 75 per cent of the product to date to about 50 high-end establishments across Canada.

"There's no question the case competitions were a critical factor in our success," Romanow says. "We got incredible feedback from the judges, who are some of the top venture capitalists."

York University MBA grad Hazhir Ghayouri parlayed his success in case competitions into a top job with consulting firm Capgemini Canada.

Ghayouri, now 28, moved with his family from Iran to Canada at age 16 and worked as an engineering consultant after graduating from the University of Waterloo. Eventually, he entered York's Schulich School of Business and was on a four-member team representing the school in local, national and international case competitions.

It was during one in-house event sponsored by Capgemini that he attracted the attention of company principal Brian Smith, and was hired as a senior management consultant.

His team finished second in that competition by proposing solutions to a drop in revenues at a major international chain of coffee shops.

Ghayouri's team impressed the judges by presenting a case for refocusing on the core products that made the chain successful and for closing unprofitable stores.

At most business schools, case competitions are voluntary and elimination rounds are held in-house before a final group of teams is selected to compete for the top spots. Teams get anywhere from a few hours to a few days to study a case drawn from the real business world, devise a strategy and present it to the judges.

Schulich played host to two company-sponsored case competitions three years ago, but corporate interest has grown.

Ryerson University's MBA program is just entering its third year but the school has already shown well in case competitions.

A Ryerson team finished second in the TATA Cup at Schulich, the school's first case competition, and won the marketing and strategy case competitions at the national MBA Games at McMaster. TORSTAR NEWS SERVICE

Themed design
Integration is the theme for the design of U of T's new $92-million Rotman School of Management building. **FINANCIALPOST.COM**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Jonathan Naymark, taking MBA studies at the Rotman business school at U of T, wrote the dean asking for extra guidance on the unfolding global financial crisis, and a forum resulted.

Downturn jolts business classes

Courses examine current financial crisis

The night before teaching an MBA class this past Tuesday on exchange rates, University of Toronto professor Donald Brean went to update the graph he uses to show the changing value of the loonie.

The last time he taught this lesson, a year ago, the loonie was strutting at $1.10 over the U.S. dollar. This time it was sulking at 77 cents — a drop of 33 points — so Brean added a plunging line to the chart he would show students the next morning.

Had he been teaching the class a day later, he would have had to change it yet again. Even as Brean was teaching the ins and outs of the dollar's ups and downs, the loonie climbed back to 80 cents by lunchtime, the biggest one-day jump in a generation. Friday night, the loonie rested at 83.02 cents.

"Exchange rates ordinarily would be a big yawn," Brean admitted to his 20 students at the Rotman School of Management, "but this volatility is unprecedented in modern times. What's causing the Canadian dollar to drop like a stone? Anyone?"

At Rotman and in business schools around the world, real life is reshaping courses by the hour. Those teaching subjects from business history to corporate finance are having to update the content to tackle daily headlines.

But while the collapse of credit and stock markets is serving up juicy case histories of failure, most business professors insist current events have not shaken the curriculum of capitalism.

"What has happened is explainable — capitalism is working, it's just that the system punishes those who don't get it right," says Ashwin Joshi, director of the MBA program at the Schulich School of Business at York University.

One day this month, he suddenly decided to scrap an entire lesson on "Managing Shareholder Relations," ditching journal readings from 2006 and 1997 in favour of stories from that day's financial pages, and had students brainstorm which players were to blame for how much of the mess.

"Exchange rates ordinarily would be a big yawn, but this volatility is unprecendented in modern times."
Donald Brean

"I don't know of any school that trains in the 'greed is good' philosophy; it went out of business schools a long time ago," said Joshi.

"We teach students there's a triple bottom line: Profits, people and the planet. And when one of these things gets out of whack — like profits at the expense of people, which is what happened with subprime mortgages — 'economic nature' has a way of correcting itself."

At Ryerson's Ted Rogers School of Management, students are spending a portion of finance classes tracking the latest moves of the market; ethics courses are using the credit crunch as a living lesson; and strategy courses are attempting to assess how ready large companies are to weather the storm.

At Rotman, MBA student Jonathan Naymark e-mailed dean Roger Martin to say students needed extra guidance to get a grasp of the crash. When the school later staged a forum on the topic — called The Financial Crisis: What Went Wrong? And What Can We Learn? — more than 500 people showed up.

"The professors are great, but they have so much to teach us already — I needed people to walk me through this whole thing from the start," said Naymark.

Another MBA student at Rotman, Marie Desmarteau, said most of her professors are discussing the crisis "and the take-home message is very much one of caution and the need for due diligence.

"A lot of them are saying maybe this crash was somewhat inevitable because of the whole lack of (regulatory) oversight."

Rotman professor Heather-Anne Irwin's popular Corporate Financing course speaks to the heart of the credit crunch.

"I feel required to talk about it for about half an hour at the start of each class — this is the first monstrous financial event we have seen since the Great Depression," she said. "But I also still teach the same fundamentals of debt and credit because when the market returns to normal, students need to understand those basics." **TORSTAR NEWS SERVICE**

Effect of U.S. election? Some MBA-holders think U.S. presidential hopeful Barack Obama's candidacy might not be the best for Canada's economic interests. "We're all excited as black people that he might win, but I don't think we've looked beyond that and looked at it from a Canadian perspective," Robert Johnson of the National Black MBA Association said. CTV.CA

events

CANADIAN MBA FAIRS FOR PROSPECTIVE STUDENTS Information sessions provide an overview of the MBA, IMBA, MPA, PDAM and other graduate programs at York University's Schulich School of Business (schulich.yorku.ca). Sat., Nov. 8, 1-5 p.m. Metro Toronto Convention Centre, 255 Front Street W., South Building.

MBA AND IMBA INFORMATION SESSIONS Information sessions provide an overview of the MBA, IMBA, MPA, PDAM and other graduate programs at Schulich. Thurs., Nov. 13, 6:30-7:30 p.m. At the Schulich School of Business, N109 Seymour Schulich Building, 4700 Keele St.

SUPERSTITION, ILLUSION OF CONTROL AND BRAND CHOICE: CAN SWITCHING BRANDS HELP YOUR FAVOURITE TEAM WIN THE BIG GAME? Professor Gita Johar of the Columbia Business School at Columbia University delivers this lecture as part of the New Research in Marketing and Consumer Culture Series. Open to Schulich faculty and doctoral students. Fri., Nov. 21, 10:30 a.m.-12 p.m. W133 Seymour Schulich Building, 4700 Keele St.

CONNECT 2008 ANNUAL ALUMNI FORUM Panels, networking and a keynote address at this annual alumni forum. Open to all. 8:30 a.m.-5 p.m. Schulich School of Business, 4700 Keele St.

MBA AND IMBA INFORMATION SESSIONS Information sessions provide an overview of the MBA, IMBA, MPA, PDAM and other graduate programs. Thurs., Nov. 27, 6-7:30 p.m. Miles S. Nadal Management Centre, ste. 500, Ernst And Young Tower, TD Centre. 222 Bay St.

THE EFFECT OF EXPERIMENTAL ANALOGIES ON CONSUMER PERCEPTIONS AND ATTITUDES Miranda R. Goode, assistant professor of the Ivey School of Business at the University of Western Ontario lectures as part of the New Research In Marketing and Consumer Culture Series. Open to faculty and doctoral students. Nov. 28, 10:30 a.m.-12 p.m. Room W257, Seymour Schulich Building, 4700 Keele St.

ACCOUNTING EXPERTS SPEAKER SERIES @ ROTMAN "Accounting and Auditing at a Crossroads: What's In Store for Us?" at the University of Toronto Rotman School of Management, Classroom 134 (ground floor), 105 St. George St. Nov. 5, 8-9:10 a.m. $49 per person plus GST; $39 per person plus GST for Rotman and U of T alumni. For more, e-mail events@rotman.utoronto.ca or call 416-946-7462.

THINKING ABOUT WICKED PROBLEMS SPEAKER SERIES @ ROTMAN "The End of Oil: Important Strategic Challenges — and Opportunities" by Prof. Anita McGahan, Rotman Chair in Management and Professor of Strategic Management, Rotman School of Management, University of Toronto; Visiting Professor of Social Medicine, Harvard Medical School; Senior Associate, Institute for Strategy and Competitiveness, Harvard University. At the University of Toronto Rotman School of Management, Classroom 134 (ground floor), 105 St. George St. From 5-6:15 p.m., Nov. 5. $99 per person plus GST; $79 per person plus GST for Rotman and U of T alumni. For more, e-mail events@rotman.utoronto.ca or call 416-946-7462.

COLLOQUIUM FOR WOMEN DIRECTORS Leading experts explore timely and relevant topics facing directors today. Hosted by the Institute of Corporate Directors. At St. Andrew's Club, 150 King St. W. Nov. 5 & 6. Fee for ICD members: dinner only, $100 (+gst); full day, $450 (+gst); full day & dinner, $500 (+gst). Fee for non-members: dinner only, $120 (+gst); full day, $500 (+gst); full day & dinner, $570 (+gst). To registers, go to icd.ca. For more, e-mail admin@icd.ca or call 416-593-7741.

TALENT MANAGEMENT EXPERTS SPEAKER SERIES AT ROTMAN "Creating Wealth from Talent in the 21st-Century Organization" with Lowell Bryan, Director, McKinsey & Company; Co-Author, "Mobilizing Minds: Creating Wealth from Talent in the 21st-Century Organization" (McGraw-Hill, 2007). Nov. 10, from 5-6:15 p.m. At the University of Toronto Rotman School of Management, Classroom 134 (ground floor), 105 St. George St. $99 per person plus GST; $79 per person plus GST for Rotman and UofT alumni (fee includes the session and 1 copy of "Mobilizing Minds"). For more, e-mail events@rotman.utoronto.ca or call 416-946-7462.

THINKING ABOUT WICKED PROBLEMS SPEAKER SERIES @ ROTMAN "Medicating Humankind in 2050" with Prof. Anita McGahan, Rotman Chair in Management and Professor of Strategic Management, Rotman School of Management, University of Toronto; Visiting Professor of Social Medicine, Harvard Medical School; Senior Associate, Institute for Strategy and Competitiveness, Harvard University. Nov. 12, from 5-6:15 p.m. At the University of Toronto Rotman School of Management, Classroom 134 (ground floor), 105 St. George St. $99 per person plus GST; $79 per person plus GST for Rotman and U of T alumni. For more, e-mail events@rotman.utoronto.ca or call 416-946-7462.

INTERNATIONAL BUSINESS SPEAKER SERIES @ ROTMAN "Does Canadian Business' Future Still Lie in North American Integration?" with lead panelist Stephen Clarkson, Professor of Political Economy, U of Toronto; Senior Fellow, Centre for International Governance Innovation and Author, "Does North America Exist? Governing the Continent after NAFTA and 9/11" (University of Toronto Press, October 2008). Nov. 18, 5-6:20 p.m. Author signing from 6:20-6:45 p.m. Fleck Atrium (ground floor), Rotman School of Management, U of Toronto, 105 St. George St. $29.95 plus GST per person (includes the session and one first-edition copy of "Does North America Exist?")

DRAGONS' DEN Celebrate entrepreneurship by participating in a discussion with the creators of Dragons' Den, which provides Canadians with the opportunity to pitch their business concepts and products to a panel of Canadian business moguls who have the cash and the know-how make it happen. Special Guests: Robert Herjavec (Dragon), Stuart Coxe (Executive Producer), Mike Armitage, Sean Wise and more. At Ryerson University, Ted Rogers School of Management, 55 Dundas St. W. Nov. 17, 6:30-9 p.m. Tickets are $3 in advance; $5 at the door. Net proceeds go to Kiva.org. Go to siferyerson.com/entweek for more.

SOCIAL ENTREPRENEURSHIP AND THE GLOBAL SOUTH Reformers and revolutionaries with a mission, the social entrepreneurs play an integral part in bringing forth positive changes throughout the world. Committing sometimes their entire lives to social change, they create value not in profit, but by the impact they have on society. Social entrepreneurships is growing rapidly and attracting increased attention from many sectors. Extraordinary people come up with brilliant ideas and succeed in creating new products and services that dramatically improve people's lives. Speaker: Frances Alexandria Tibollo; Founder and President of the Oaklands Foundation. At Ryerson University, Ted Rogers School of Management, 55 Dundas St. W. Nov. 18, 6:30-9 p.m. Go to siferyerson.com/entweek for more. METRO NEWS SERVICES

Three unique Schulich MBA degrees to accelerate your career

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SCHULICH LEADS IN RANKINGS

The Schulich MBA is ranked in the **world's top tier** of best business schools by leading publications, including *The Wall Street Journal* (11th in the world in "Top International Schools" ranking); *The Economist* – Economist Intelligence Unit (15th in the world); *Forbes* (4th best non-US school); and *Expansión* (23rd in the world) in their most recent global surveys. **The Schulich MBA** is also ranked **#1 in Canada** by the same publications.

Kellogg's global network of Executive MBA programs, including the Kellogg-Schulich EMBA, is ranked **#1 in the world** by *The Wall Street Journal* in its inaugural EMBA survey. **The Kellogg-Schulich EMBA** is ranked **#1 in Canada** by the *Financial Times* of London in its most recent global EMBA survey.

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Nipissing opens southern campus
North Bay's Nipissing University held a grand opening ceremony for its new Muskoka campus in Bracebridge on Saturday. The campus features a 100-seat lecture hall, 10 classrooms, a science lab and can accommodate 675 students. METRO NEWS SERVICES

Workology

Top honours
The University of Toronto ranked No. 1 in Research Infosource's annual list of the top 50 research universities in Canada. The university also placed first in the medical/doctoral category.
METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Have scissors, will travel

McBurney cuts across the GTA, clipping the locks of professional women and busy stay-at-home moms

Small Business

ROBYN YOUNG
for Metro Canada

For today's working mom, it can be tough to find time to heat up leftovers, never mind touch up your roots, and that's where Carolyn McBurney comes in.

The Newmarket mother of three runs a salon business that comes to you, rather than the other way around.

"I'm able to accommodate crazy schedules which everybody has, as well as it just makes life easier for everyone, gives people more time at home with their families," she said.

McBurney has been a hairstylist for about 15 years and struck out on her own seven years ago in order to accommodate her own hectic schedule.

With a family, she found salon hours — which go late into the evening and take up every Saturday — just weren't working for her and for the most part, they weren't working for her clients.

Being a travelling stylist affords McBurney and her customers more time at home and as an added bonus, when she arrives at her client's door, it's all about them.

"I found that when I was working in the salon, you were always tight for time, there's always somebody waiting, there's always something going on next," she said.

The one-on-one time gives McBurney the opportunity to better understand her client's needs, which they really appreciate, and the experience is just all-around more enjoyable, she said.

"Because I'm not trying to juggle multiple clients in the salon at a time, I find that I'm much happier," she said.

"I'm less distracted, less stressed."

But what about the extra cost of one-on-one service?

"I don't have the overhead of the salon, so that gives me the freedom to keep my prices at a reasonable level," she said.

She charges about $45 for a basic cut, style and blow dry — which is a steal compared to prices at some salons in the city.

McBurney said she does better financially as a travelling stylist than she did as a salon stylist because there's less time wasted in between customers; when she's working, she's working, and when she's not, she's home hanging out with her husband — who runs a business from home — and her three kids.

CONTRIBUTED

Carolyn McBurney runs her own travelling salon business where she goes to her client rather than the other way around.

It sounds like McBurney's found the perfect work/life balance, but she said there are some challenges: "There are high and low points at any time of the year."

The trick, she said, is to keep promoting yourself through word of mouth — which in the salon business is the only way to go — and keep in mind during the slow times that the busy times are just around the corner.

McBurney also offers the additional services of make up and wedding preparation.

"I get to show up and make people look beautiful; it doesn't get any better than that," she said.

For more information about Carolyn McBurney's travelling salon servies, check out hairandmakeupdesign.com.

Election popular workplace topic

ELECTION With the U.S. election taking place today, voting for a new president is on the minds of many workers.

Nearly nine-in-ten workers say they will be voting in the 2008 presidential election, according to a CareerBuilder.com nationwide survey of more than 6,100 workers.

The survey found 41 per cent of workers say they plan to vote after work, followed by 31 per cent who plan to do it before. Fourteen per cent of workers plan to cast their votes sometime during the workday.

The survey also found this year's historic election is fueling discussions both in and out of the office.

Although a quarter — 28 per cent — of workers say they have debated another co-worker in the office over this year's election, 63 per cent of workers report they are keeping their political affiliations to themselves in the office. METRO NEWS SERVICES

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Western joins iTunesU

The University of Western Ontario is now a member of iTunesU. The university's library of online audio and video content includes news podcasts, student experience videos, convocation broadcasts and research news. METRO NEWS SERVICES

Rolling with those career punches

Life coach teaches how to chase dreams and not give up

RAFAEL BRUSILOW
for Metro Canada

A pioneering spirit and a willingness to roll with the punches have taught Linda Kaban that career changes are more about opportunity than uncertainty.

The 52-year-old life coach and entrepreneur heads up her own website, hosts an Internet radio show and coaches people to go after their dreams instead of giving them up.

Having worked as a bank teller-trainer, billing specialist and yoga instructor in the past, Kaban is also no stranger to daunting career changes.

She suggests openness and flexibility are the keys to being able to move on in life, particularly when one career ends and another begins.

"In life you just don't know what's around the corner and you have to be prepared for the twists and turns. If you're not, it can all drown you," Kaban said.

A young Kaban first worked as a teller-trainer at CIBC, earning good money but being miserable.

"I hated my job with a passion. Office work had nothing for me — all of those years it was just a matter of survival. I wanted any excuse to get the hell out of there," Kaban said.

She bailed to work as a billing specialist for energy firm Enbridge for the next 16 years, happier but still feeling like something was missing.

Getting a yoga teaching certificate eight years ago and later being certified as a life skills coach were just the 180-degree turns that Kaban needed to feel whole again in her work.

More importantly, by reconnecting with people directly she realized she wasn't alone in her desire to find more meaning in life.

"I noticed people were not just coming for the yoga, all of them without exception were searching for something else. It then became apparent to me I had a gift for listening," Kaban said.

Kaban soon realized she also had a knack for offering advice as well, having gone through so many changes in her own life to achieve her dream of being an entrepreneur.

Beyond the life coaching services she offers through her website at lindakaban.com, her Internet radio show titled Dare to Dream celebrates people who chase their dreams. The show goes to air Wednesdays at 10 a.m. on thatradio.com.

The best piece of advice she offers? Persevere and go after your dreams — just remember to be flexible about them because sometimes the best dreams are the ones that grow to fit your needs.

"People all too often just give up. I never give up. Never let go of your dream but be prepared to change that dream to suit the situations that may present themselves," she said.

On the web

- For more information on Linda Kaban, visit lindakaban.com and thatradio.com.

Life coach Linda Kaban teaches people to realize their dreams and deal with life changes.

"Never let go of your dream but be prepared to change that dream to suit the situations that may present themselves."
Life coach Linda Kaban

Economic tumble no reason to wave white flags

RAFAEL BRUSILOW
for Metro Canada

ENTREPRENEURS Though the economy is taking a tumble, start-ups businesses shouldn't wave a white flag. Instead start-ups need to sell themselves on those qualities which make them attractive to investors — great ideas built well into a valuable, efficient product.

Jevon MacDonald, co-founder of the annual StartupEmpire entrepreneurial conference, admits that finding money will be harder in the current economy for start-up businesses but getting rolling once the money is in will actually be easier.

"Financing is going to be more difficult and it is going to be harder, but there's going to be less competition and fewer barriers to entry. I think smart entrepreneurs realize this is going to be a great time for start-ups," MacDonald said.

Investors still need to make a living like anyone else after all, and the harsher financial conditions just mean they are going to be even pickier in funding start-ups that are efficient, clever and acutely aware of their own cash-flow.

"People are going to be fighting that much harder and leaner, meaner, fiercer start-ups are still going to succeed. It's all about being nimble," MacDonald said.

One key factor which determines a city's investment potential is the overall amount of money available for entrepreneurs — richer cities with investment-minded lenders provide a much more fertile ground than poorer ones with tight-pursed investors.

The second factor is the number of "angel investors" present — benefactors who are willing to take the risk of financially backing a great idea from conception to completion. Toronto, MacDonald says, has both factors in spades.

Once investment is in place, good guidance is needed to help any new business get rolling and having a community of mentors is fundamental to nurturing new businesses.

MacDonald wants to see more mentorship of new start-ups by older, experienced companies and leaders to create an even stronger base for innovation in the city — especially since mentorship is a win-win situation for both.

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Graduates leaving for the United States
New research from the University of Guelph has found that higher earnings are luring some of Canada's brightest university graduates to the Unites States, with some earning 50 per cent more than those who stay in Canada. METRO NEWS SERVICES

The pitfalls of university rankings

RAFAEL BRUSILOW
for Metro Canada

There is no guarantee students will have a better experience at a university that ranks high in surveys.

University rankings are a popular and often controversial means of rating different schools, but does a particular rank always mean a school is better or worse for learning?

Not necessarily.

At best, numbers comparing things like total research capital, the number of instructors who have won prestigious awards like the Nobel Prize or the amount of courses offered only really illustrate the better opportunities and options a school might be able to offer.

There's no intrinsic guarantee a student will personally have a better educational experience at a school that ranks highly for research investment nor necessarily at one which students have rated highly for quality of education. Each educational experience is unique, after all.

Dr. Ying Cheng is a spokesperson for the Academic Ranking of World Universities organization which ranks world universities according to a variety of factors including academic and research performance, number of awards won by instructors, number of articles published in research publications by instructors and average academic performance of the student body.

The ARWU focuses on research rankings and Cheng says the organization "only considers internationally comparable indicators."

Cheng says that even when using numbers which appear objective, rankings are still uncertain because the factors chosen for ranking all tell a different story. For instance, student opinion surveys conducted by Maclean's magazine in Canada show that most undergraduates report better educational experiences at smaller schools, even though larger, more established schools tend to score much higher in the overall rankings.

In the Maclean's 2008 Student Survey for example, the University of Toronto and McGill University, which rank first and second respectively in the Maclean's overall ranking, plummet to 30th and 29th place respectively across Canada in the level of meaningful academic challenge reported by their students, with even lower rankings for their levels of student-faculty interaction.

Yet both schools are acknowledged as outstanding centres of world research, with U of T being ranked 24th in the world by ARWU and McGill as a respectable 60th out of the top 500 schools in the world for research. Clearly then, numbers can never be the whole story in any university ranking as each school has its own strengths and weaknesses and every ranking system has its own sources of bias, a fact that Dr. Cheng stresses cannot be glossed over in any ranking system.

"The quality of universities cannot be precisely measured by mere numbers. Therefore, any ranking is controversial and no ranking is absolutely objective. People should be cautious about any ranking, including our Academic Ranking of World Universities, since the positions of universities can only reflect their performance on a group of selected indicators," Cheng said.

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Film reveals experience of 'orgasmic' birth

Filmmaker Debra Pascali-Bonaro, an internationally known childbirth expert, recently released a new film that reveals the experience of an 'orgasmic' birth, aptly called Orgasmic Birth. For more information, visit her website at *orgasmicbirth.com*. TORSTAR NEWS SERVICE

Health

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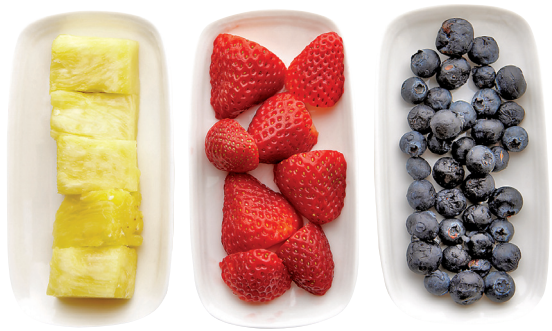
EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Foods to fight the flu

Vitamins supplementary to good diet

CELIA MILNE
for Metro Canada



Sick? Ick! When cold and flu season hits, most of us pop vitamins. While there's probably nothing wrong with that, our first defence should be a healthy diet.

Reach for the vegetable crisper before the medicine cabinet, advises Helene Charlebois, a registered dietitian in Ottawa. "If you eat well and you are getting your antioxidants, your whole body works better. When there are viruses floating around, you have a better defence."

A new survey of 751 Canadians adults found that 78 per cent of us bought vitamin and mineral supplements in the last year. Many of us (35 per cent) admit we are making up for lapses in nutrition. And 39 per cent of us are taking vitamins to avoid catching a cold or the flu. The survey was sponsored by Tropicana, which makes 100 per cent pure fruit juices.

Charlebois insists that a good base diet is the most important thing. She recommends that we eat five to 10 servings of fruit and vegetables a day, and then add vitamins and minerals as needed. To find out what you are deficient in, see a dietician. "Vitamins and mineral supplements don't replace good nutrients. They are called supplements for a reason. They are supplementary to a good diet," she says.

You are more likely to get sick if you are in a phase where you're super busy, not sleeping well, feeling stressed and eating lots of junk food. "Your body has to work hard getting rid of chemicals and by-products," says Charlebois.

A healthy diet includes fruits, vegetables, whole grains, legumes, lean meats and fish.

To get the antioxidants you need to fight illness, she recommends you eat two vegetable portions at lunch, two more at dinner, and three servings of fruit each day. One of those servings of fruit could be half a glass of 100 per cent juice. Try some orange juice with soda at about 4 p.m. instead of coffee and a cookie, suggests Charlebois.

"If you want to boost your immune system, get more of the antioxidants found in fruits and vegetables," she says. Her motto? "Eat as close to the farm as possible."

And if, despite your best efforts, you do get that ugly cold? Mom was right about chicken noodle soup. It's not only comforting, it helps reduce inflammation and relieve congestion. Add some spice to it and it'll clear your sinuses.

Antioxidants

- Besides fruits and vegetables, other foods and beverages containing antioxidants include tea, garlic, onions, and ginger.

CELIA MILNE/ FOR METRO CANADA

PAUL IRISH/TORSTAR NEWS SERVICE

To get the antioxidants you need to fight illness, eat two vegetable portions at lunch, two more at dinner and three servings of fruit each day.

Exercise in pregnancy

RESEARCH Light exercise during pregnancy does not increase the risk of pre-term delivery, research suggests. Researchers in Spain studied 142 pregnant women. They divided the women into a group that didn't exercise and a group that did. The women who exercised did light resistance and toning exercises three times a week for 35 minutes from the 12th week of gestation until the 39th week. In the end, exercise did not have an effect on gestational age. Authors, who published their study in the British Journal of Sports Medicine, concluded women can safely engage in moderate, supervised exercise throughout pregnancy without affecting when their babies are delivered.

CELIA MILNE/ FOR METRO CANADA

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Brain's reaction to food may predict weight
Scientists who watched young women savour milkshakes inside a brain scanner concluded that when the brain doesn't sense enough gratification from food, people may overeat to compensate. THE ASSOCIATED PRESS

A faceless breakup

The J Spot

Breaking up with someone over text messaging, Instant Messenger or Facebook are just some of the insensitive ways technology has perpetuated faceless communication.

According to an October survey commissioned by Samsung Telecommunications America, 11 per cent of Americans say breaking up with a boyfriend or girlfriend via text message is okay.

But why stop there? Today's technology offers us all kinds of cowardly ways to break up with someone. Infamous blogger Sandra Soroka dumped her guy by changing her status to read: "Sandra is letting Will know it's officially over via Facebook status." Wikipedia.com owner Jim Wales used his own site to announce that he was no longer seeing his girlfriend and former Fox News correspondent Rachel Marsden. Then he personally gave her the news via Instant Messenger.

Or why not avoid the deed entirely and simply outsource your breakup? At breakingupiseasytodo.com, they'll send your dumpee a "kind" or "mean" breakup message via e-mail with an audio attachment.

And breakups aren't the only aspects of your relationship you can outsource. The "Rejection Hotline," (rejectionhotline.com) is a number you give someone you don't want to call you that will give them a recorded rejection so you don't have to. Want to get out of a bad date? Use a rescue call service (cingular.com/voiceinfo) that will call you at a predetermined time during your date so you can make a quick getaway. If a relationship leaves you with more than memories, use an anonymous and free STD e-card to notify past sex partners about exposure to sexually transmitted diseases.

Are we all just becoming a bunch of cowards when it comes to relationships and confrontation? Some argue this kind of faceless communication isn't always a negative thing. Deb Levine, the executive director of the Internet Sexuality Information Services (ISIS) in San Francisco, the folks behind the free STD e-cards, has said: "E-cards do not replace in-person communication, but for people who are diagnosed with an STD, e-cards can enhance sexual communication and ease a process of disclosure that can be extremely difficult."

"Today's technology offers us all kinds of cowardly ways to break up with someone."

When it comes to publicly breaking up online, fans of jakobandjulia.com — a site where Julia Allison and Jakob Lodwick publicly shared the intimate details of their relationship which eventually led to their split ... online of course — described their popular online experiment as "interesting, insightful and inspiring."

Still, you have to wonder if all this confrontation avoidance isn't causing us greater damage. Forcing yourself to communicate and go through the difficult aspects of relationships is what makes us grow and learn.

Then again, one good thing about having someone reject you this way is that it makes it easier to get over someone when you realize the person is clearly a spineless coward who obviously didn't deserve you anyway.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Researchers found that the more alcohol people drank, the smaller their brains were.

Drinking shrinks brain

RESEARCH The more alcohol you drink, the smaller your total brain volume.

Since drinking a moderate amount of alcohol has been found in earlier studies to be good for your heart, researchers in Massachusetts decided to see if alcohol can prevent the inevitable shrinking of the brain that comes with age.

Instead, they found the opposite. When they assessed the brains of 1,839 people using MRI and also asked them about their drinking habits, researchers found that the more alcohol people drank, the smaller their brains were.

"The public health effect of this study gives a clear message about the possible dangers of drinking alcohol," the authors wrote in the October issue of Archives of Neurology.

CELIA MILNE/FOR METRO CANADA

Health in brief

TURTLE ALERT Think twice before getting a pet turtle. Turtles might seem like good pets — cute, too slow to escape, and won't bark all day — but they carry health risks. A large outbreak of illness in 33 States in the U.S. was traced to pet turtles. These reptiles carry a harmful bacteria called Salmonella which can cause diarrhea, vomiting and other GI problems in humans. Two young girls became very sick after swimming in a wading pool where turtles had been swimming.

CELIA MILNE/FOR METRO CANADA

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Does echinacea work?

Researchers examining herbal remedy

CELIA MILNE
for Metro Canada

A clinical test on echinacea slated to begin soon will reveal whether the herbal remedy is effective for treating colds.

Confused about echinacea? Many studies have shown this herbal remedy effectively prevents and treats cold symptoms.

Other studies show it doesn't work. So what's up?

"The public must wonder what's going on," says Dr. Sunita Vohra, a paediatrician and associate professor of medicine at the University of Alberta in Edmonton. She and other scientists across Canada have been studying echinacea in their laboratories. While they don't have an answer yet, they at least understand why there is so much confusion.

"Echinacea is not one thing," she says. "It is many ingredients and different components." There are three different species of echinacea and 263 products for sale in Canada. Each product could be different in terms of where the plant is grown, what part of the plant is used and whether it is mixed with water or alcohol.

Seven in 10 Canadians take natural-health products, and echinacea is one of the most popular. Now that scientists are familiar with the many different echinacea concoctions, they can test whether any are effective, and which works best. A clinical trial is starting soon, and results should be available in about two years.

"Does it really work? We're excited to find out," she says. In the meantime, Vohra suggests you talk to your health-care provider if you are planning to take echinacea. She warns it is more risky to people who have a ragweed allergy and also those with asthma and allergies.

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Diet's link to inflammation
Dietary choices can influence inflammation in all parts of the human body, says Dr. Alan Logan, author of The Clear Skin Diet. To regulate inflammation, Logan recommends consuming omega-3 fatty acids from fish. **ALIVE MAGAZINE**

Exercise moves indoors

CELIA MILNE
for Metro Canada

Hate exercising in the cold? If you've been walking or running outdoors, you can bring your workout indoors without losing ground.

A great new workout that can be done indoors or outdoors is boot camp. "You can't always be outside. You need the indoors as a backup," says Ally Nobrega, co-owner of the Cardio-Core Bootcamp franchise for Ontario. Her challenge as she moves the program indoors? "We have to make it as fun and interesting as outdoors."

Cardio-Core Bootcamp and other programs like it provide you with a mix of different exercises. The focus is on fun; trainers have different stations ready for you to go to, and each works a different part of the body a different way.

For instance, when the weather is fine, Cardio-Core trainers use what's naturally available outdoors to provide fitness. Hill sprints provide that extra cardio intensity, obstacle courses can be created out in parks and running on trails provides great scenery. Park benches can be pieces of exercise equipment, providing a place for tricep dips and two different kinds of push-ups (feet on the bench to work the upper chest, or hands on the bench to work the lower chest). Mats, medicine balls and weights can all be used outdoors.

A great new workout that can be done indoors or outdoors is boot camp, a program that provides a mix of different exercises.

"We keep it fresh for everybody," says Nobrega. "No two classes are ever the same." The idea is to achieve a mixture of cardio, strength and core, and to keep the heartbeat elevated throughout the class.

But when the going gets tough outdoors, the tough get going indoors. Boot camp adapts well to the indoors. Cardio-Core trainers rent space in schools or churches and conduct classes in gymnasiums, hallways and stairways. Instead of hill sprints, you might do "suicides," which means running to a cone that is set up, touching down, running back, touching down and repeating. Or you can get a cardio workout from the "speed skater," an exercise where you keep your body low, chest out and jump from foot to foot, extending the free leg, much like a speed skater would. Other stations might have you doing squats, lunges, burpees and bicep curls with weights. One of the benefits of being indoors is that you don't have to watch your footing carefully, like you do outdoors.

The key to the popularity of boot camp is that it's an all-over workout. "Boot camp is the best group personal training," says Nobrega. "One singular activity is not a good idea. It does not give you all-around fitness. You need to cross-train."

Boot camp is perfect for weekend warriors, runners, people who feel unco-ordinated in aerobics classes or even those who have never exercised before.

- The cost of Cardio-Care Bootcamp is $215 for four weeks at three days a week, which works out to approximately $18 per class.

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Grant, Parker hook up in romantic comedy

Sarah Jessica Parker and Hugh Grant have been tapped to co-star as an estranged couple in a new romantic comedy. The actors will reportedly play a high-powered New York couple placed in the Witness Protection Program in a small Midwestern town in the upcoming film. IMDB.COM

Entertainment

Worried Mom

James Bond star Daniel Craig's mother, Carol, feared her son would end up as a failed actor when he quit school. "I knew in my heart he would make it, but you worry as a mother." IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Luxury and good taste

Quest to be Bond finds writer sizing up spy's choice of food and drink

RICK MCGINNIS
Metro Canada

PHOTO BY STEWART BAILEY

Writer Rick McGinnis at the LCBO with a few of the ingredients for the classic Bond martini.

There's a scene in On Her Majesty's Secret Service that's even more dated than Roger Moore's leisure suits and Sean Connery's terrycloth cabana wear. After ordering a heap of beluga caviar to share with Bond girl Diana Rigg, one-shot Bond George Lazenby beats an evil henchman into unconsciousness, then helps himself to a heaping spoonful of glistening black fish eggs on a wedge of toast on his way out of the demolished hotel room.

Today, that single spoonful of caviar would cost you at least a hundred dollars, if you could get it at all. The James Bond created by Ian Fleming on the page and in over 20 movies onscreen is a self-styled sybarite and gourmand, but this might be an even more fantastic aspect of Bond than the villain's lairs in extinct volcanoes or the tricked-out sports cars.

Anthony Rommens runs Caviar Direct in the basement of Toronto's St. Lawrence Market, and when he began in the business 15 years ago you could still get real caviar from Caspian Sea sturgeon. One of the ironies of Bond is that the Soviet empire he fought against his whole career ensured him a steady supply of beluga for his amorous conquests; once the Berlin Wall fell, fishing for sturgeon in the Caspian became a free-for-all eventually controlled by the mafia. Three years ago, a ban was put on export of caviar from the area.

"Basically, it's fished out everywhere — it's an endangered species," Anthony tells me. "Even the average millionaire can't afford it." He's found alternative sources for his caviar, but you'd expect to pay at least $165 for a tiny jar of beluga that would barely have filled Lazenby's spoon.

"The idea of Ian (Fleming) being a sophisticated good liver was nonsense," says John Pearson in James Bond: The Real Story, a

British documentary airing on the Discovery Channel this weekend. Pearson is the author of biographies of both Fleming and Bond, and was the writer's assistant at London's Sunday Times. "He really didn't know anything about wine, and he didn't know how to mix a good martini. All that stuff about 'shaken not stirred' — that's typical Ian; a clever journalist. 'Shaken not stirred' — ah, good phrase."

At the showcase Summerhill outlet of the LCBO — Ontario's SMERSH-like liquor monopoly — product consultant Stewart Bailey is trying to help me price out the sort of cellar a James Bond would need to have. A 2000 Dom Pérignon would cost $220, but a '55 — Bond's favourite vintage — runs between $1,205 and $1,942 according to a search on winesearcher.com. He'd need a good supply of gin and vodka for his martinis, and a few bottles of something like the 2003 Chateau Latour at $1,843.23 — "minus $0.25 for the bottle deposit."

Late one night, I decide to get in a Bond frame of mind with a couple of his vices. My wife informs me that I'll void my life insurance policy if I try to smoke his 60-plus cigarettes a day, though in any case, recent Bond Daniel Craig has said that he's entirely opposed to showing Bond smoking onscreen. I mix up a very dry vodka martini, shaken with a twist, and realize after the first bracing mouthful that a few of these will render me very muddleheaded and un-Bondlike. Midway through my quest to become Bond, I see that the wallet as well as the flesh is far too weak.

Cohen crashes rally to ban gay marriage

PEOPLE Sacha Baron Cohen went undercover as his alter ego Bruno on Sunday by crashing a rally in support of a ballot measure that would ban gay marriage in California.

The British comedian is working on a film based on the fictional character Bruno, a gay Austrian fashion reporter who conducted gag interviews on HBO's Da Ali G Show.

Cohen, in disguise in a blond wig and preppy outfit, marched with demonstrators who support Proposition 8 while being trailed by cameras.

Bond tops box office overseas

MOVIES The new James Bond movie Quantum Of Solace has shot to the top of the international box office chart, taking $38.6 million US in its opening weekend, imdb.com reports.

The action thriller thrashed the competition in its first few days on release. In the U.K. market alone, it took $25.3 million US upon its debut.

Special BRIT prize for Pet Shop Boys

MUSIC The Pet Shop Boys will receive the Outstanding Contribution to Music award at next year's BRIT Awards, femalefirst.co.uk reports. The duo, Neil Tennant and Chris Lowe, will receive the prestigious accolade at the ceremony in February, and will close the star-studded event with a live performance of their greatest hits.

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Lewis open to adoption
Singer Leona Lewis says a trip to South Africa for charity campaign Sport Relief earlier this year has inspired her to give a disadvantaged child a home. "I definitely want to adopt," she said. FEMALEFIRST.CO.UK

From restaurant to rock

GRAHAM ROCKINGHAM
for Metro Canada

Ever had a job you just hated? Where you were always looking over your shoulder, wondering if the boss was watching. Where everything focused around punching out, grabbing your cheque and cutting loose?

For Max Kerman, lead vocalist of the Arkells, that job was waiting tables at an Italian restaurant on the outskirts of Hamilton, Ont.

If things go right for this new indie band from the Steel City, you may be hearing a lot about Kerman's job experiences on the radio. The first single off the Arkell's debut CD, Jackson Square, is called Oh, the Boss Is Coming, and it's about Kerman's brief career as a waiter.

"The lyrics don't really need any more explaining," Kerman said during a recent break in the band's national tour with Matt Mays & El Torpedo. "The words are pretty straightforward."

It's that kind of open honesty that makes the songs of the Arkells so accessible. They play gritty guitar rock high on intensity and low on pretention.

None of the five members of the Arkells are from Hamilton originally. They met there, however, while attending McMaster University and began performing on the vibrant Hamilton club scene as Charlemagne. The name was changed to the Arkells when they realized how many other bands around the world also called themselves Charlemagne.

The band members all share a love for the old Motown sound and felt the name, Arkells, referenced those old girl bands like the Supremes and the Shirelles. Arkell was also the name of the west Hamilton street on which Kerman shared a house with bandmate and fellow guitarist Mike Deangelis during their time at Mac.

The band was picked up by Dine Alone Records, the hugely successful indie label that pushed Alexisonfire and City and Colour to platinum heights (Arkells keyboardist Dan Griffin also plays sideman to City and Colour's Dallas Green). An EP was released earlier this year, and Jackson Square was officially released last week across the country.

Over the past four years, the Arkells have established deep roots in the city. Jackson Square is named after a mall in downtown Hamilton that has seen better days.

"I think it's a pretty inspiring place," says Kerman, who grew up in downtown Toronto. "Jackson Square gets ragged on a lot but it's a really cool place. Everyone in the band has a story about Jackson Square."

Besides Oh, the Boss Is Coming, Jackson Square is loaded with pop-rockers like John Lennon, No Champagne Socialist, Ballad of Hugo Chavez and Abigail.

Concert

- Arkells play the Phoenix Concert Theatre with Matt Mays & El Torpedo on Nov. 6.

Jackson Square, the new album from the Arkells, is now in stores.

Lohan dumped as awards show host

PEOPLE Actress Lindsay Lohan has been axed as the host of the World Music Awards 2008, femalefirst.co.uk reports.

Lohan has reportedly been replaced by actress Denise Richards after organizers allegedly lost confidence in Lohan's ability to present at the Monaco event next week.

At the 2006 awards, Lohan messed up several of her lines and accidentally called singer/actress Beyoncé onto the stage while she was still getting ready for her performance.

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Double date for Madonna and A-Rod?

Pop star Madonna and baseball star Alex Rodriguez were reportedly spotted having a double date recently with Jerry and Jessica Seinfeld at their Hamptons, N.Y., home, according to the New York Post's Page Six. INTOUCHWEEKLY.COM

Former drummer defends new Jeff Healey Band compilation

The former drummer for the Jeff Healey Band says he hopes fans will buy a new DVD and two-CD compilation set despite calls for a boycott.

Tom Stephen says the Jeff Healey Band – Legacy: Volume 1 package highlights some of the group's best performances as it was developing into a world-renowned blues act, which eventually disbanded in 2002.

But Healey's widow, Cristie Healey, has said she's "deeply and sadly disappointed" by the release of the package of hits and live songs.

She says the release was not authorized by the late guitarist's estate and called for fans to boycott it.

Stephen — who was also the band's co-manager — says he owns the material in the package and has a "legal and moral right" to release it.

Healey died in March after a long battle with cancer.

"I am proud to have been a part of the Jeff Healey Band and believe this project is a respectful tribute."
Tom Stephen

Cristie Healey said last week that Stephen had been embroiled in a longtime feud with her late husband over money and rights to the band's music.

"It should be clearly understood that I am not and have never been in any litigation with Jeff Healey," Stephen said yesterday. "To the contrary, I have always tried to be as respectful as possible of both the Healey family and estate.

"I am proud to have been a part of the Jeff Healey Band and believe this project is a respectful tribute. I invite fans and others to judge the project by its merit."

THE CANADIAN PRESS

KEITH BEATY/TORSTAR NEWS SERVICE

Guitarist Jeff Healey died in March after a long battle with cancer.

Self-inflicted gunshot killed Def Jam executive: Police

DEATH Police say the executive who succeeded Jay-Z as the head of hip-hop music label Def Jam Recordings died from a self-inflicted gunshot wound near Atlanta.

Executive vice-president Shakir Stewart died on Saturday. He was found Saturday afternoon in the bathroom of his home in the Atlanta suburb of Marietta.

Cobb County police spokeswoman Cassie Reece says he was pronounced dead at a nearby hospital.

Police described the shooting as self-inflicted and would not say who discovered Stewart.

The record label issued a statement Sunday on behalf of Stewart's fiancee and his family.

"Over the past several weeks, Shakir's behaviour was inconsistent with the man we all know and love," the statement said. "As much as we all tried to help him, Shakir was in deep pain and largely suffering in silence."

Stewart, 34, signed such artists as Rick Ross and Young Jeezy to the label before being named in June to the post once filled by Jay-Z.

"As much as we all tried to help him, Shakir (Stewart) was in deep pain and largely suffering in silence."
Family statement

The Oakland, Calif., native came to Atlanta to attend Morehouse College, where he graduated in 1996, his label said in an announcement for his promotion in June.

He previously worked with the Hitco publishing company and Arista Records.

Christopher Hicks, a friend and fellow music executive, last spoke with Stewart about a week ago.

"Whatever happened over the past 24 hours is not a testament to who we all know," Hicks told the Atlanta Journal-Constitution on Sunday.

THE ASSOCIATED PRESS

Van Damme cancels film promotion for sick puppy
Actor Jean-Claude Van Damme has reportedly cancelled promotional appearances for his new movie, JCVD, so he can look after his sick puppy. **IMDB.COM**

Google book deal met with cautious optimism

Canadian publishers, unlike some European counterparts, aren't sounding any alarms over the $125 million US settlement reached last week in the three-year-old dispute between Google and U.S. publishers and authors.

In addition to providing payment for publishers and authors whose books are digitized by Google, the deal opens the door for consumers to read larger chunks of text and even purchase books online. The arrangement, which requires court approval and likely won't take effect until later next year, will enable Google to multiply its existing digitized library of more than seven million books.

Complaints are being voiced by European publishers who argue that the agreement opens the door for Google to monopolize the emerging digital publishing market. But Canadian publishers appear to be adopting a more cautious and even positive outlook.

> **"The settlement has suddenly turned Google into an e-book retailer."**
> Jack Illingworth

"I'm personally agnostic at this point as to whether this is a good or a bad thing. I just know it's going to change a lot of things," said Jack Illingworth, marketing technology consultant for the Association of Canadian Publishers, which represents 145 independent Canadian publishers.

"The settlement has suddenly turned Google into an e-book retailer, which it wasn't last week. That's the interesting thing."

Jacqueline Hushion, executive director of the Canadian Publishers Council, which represents Canadian subsidiaries of large multinationals like Random House Canada and HarperCollins, praised the creation of a Books Rights Registry to respect the copyright of publishers and authors, adding the deal will be a boon to readers who want easy access to published material.

"The concerns that I've heard aren't about the settlement, per se," she said.

"The concern is, 'What next? Are they going to own it all?'"

As it stands, the deal covers the U.S. rights to Canadian books, allowing Canadian authors and publishers to be remunerated when their books are added to Google's Book Rights Registry. If Canadian publishers reach a separate agreement with Google, it would enable the web behemoth to enter the Canadian digital marketplace as a retailer.

That might make it harder, Illingworth said, for publishers to negotiate direct and potentially more lucrative deals with libraries and other volume buyers of digitized content.

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Dark Knight death
An inquest into the death of a special effects technician killed on the set of The Dark Knight begins this month. Conway Wickliffe died in September 2007 after the truck carrying his camera platform collided with a tree. **IMDB.COM**

Keanu is, like, totally triumphant

CELEB JUSTICE It's a most excellent outcome for Keanu Reeves in his civil trial. He doesn't owe a paparazzo who sued him a dime. Jurors rejected the case yesterday, ruling Reeves is not responsible for the photographer's alleged injuries. Paparazzo Alison Silva sued the star for an incident in March 2007, claiming Reeves struck him with his Porsche, causing him to fall and injure his left wrist. Jurors heard how Silva gave contradictory statements about what happened and saw a video of him using his supposedly damaged hand to scale down a fence. Reeves stayed for the whole trial, testifying and signing the occasional autograph in the hallway.

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DVD picks

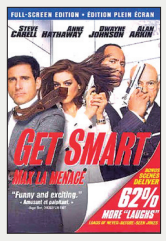
Get Smart

Director: Peter Segal
Rating: PG

ADVANCE INTEL FOR Get Smart had it that the spy spoof didn't just miss it by that much, but by a country mile. The skepticism was understandable in adapting a show like Get Smart, a James Bond parody that is as much a part of 1960s camp lore as Batman or Barbarella.

Who exactly was a Get Smart movie made for: Aging '60s hipsters, now in their 60s, or their easily bored grandkids? But the film stands on its own merits and appeals to all ages as a clever comedy thriller.

In assuming the role of Maxwell Smart, the bumbling Agent 86 of U.S. spy agency CONTROL, Steve Carell provides due homage to series original Don Adams, while adding his own flourishes. Anne Hathaway does the same with Barbara Feldon's Agent 99.



Supporting stars fit the duo as snugly as a shoe phone, including Alan Arkin as the beleaguered CONTROL chief; Dwayne (the Rock) Johnson as beefy and bossy Agent 23, and Terence Stamp as amusingly diabolical bad guy Siegfried.

It's a relief to see that director Peter Segal (50 First Dates, Anger Management) and writers Tom J. Astle and Matt Ember (Failure to Launch) didn't stray too far from the template laid down long ago by Mel Brooks and Buck Henry. But they also avoid slavish devotion. Maxwell Smart is still as blind to his flaws as ever, but he's been upgraded from bumbling idiot to bumbling savant — Max actually has a brain and can make like 007 when the occasion demands.

The story is every bit as Cold War loopy as the Get Smart of old, with CONTROL battling the Eastern Bloc's KAOS over a conspiracy to blow up the planet or the U.S. president, whichever comes first. The action sequences are better than the pro forma ones you'd expect in a spy spoof. A struggle aboard a burning SUV speeding toward a train is better than anything in the new Indiana Jones movie — and funnier, too.

There's just one thing the naysayers must say for giving us such bad intel on Get Smart: "Sorry about that, chief!"

TORSTAR NEWS SERVICES

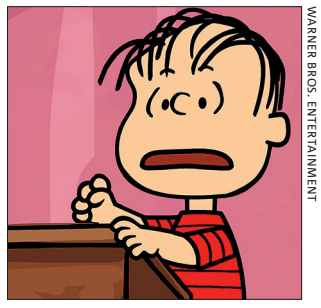
Peanuts characters set for cyberspace revival

ANIMATION In a batch of 20 new webisodes, Charlie Brown and the gang have been brought back to animated life, much in the style of their classic holiday TV specials. But Lucy, Snoopy and others have been remade for the web in three- to four-minute videos taken directly from classic 1964 comic strips.

The videos are all new, made with Flash animation and new voices. But attention has been paid to maintaining the integrity of both the strip and its beloved animation specials. "You're not trying to change it," said Jeannie Schulz, widow of Peanuts creator Charles Schulz. "You're trying to keep it the same and freshen it."

For a limited time, fans will be able to download two episodes for free on iTunes. Otherwise, two bundled episodes are available for 99 cents each, or the full season for $7.99.

THE ASSOCIATED PRESS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Linus in a scene from the new Peanuts webisode series.

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Effortless style
Actress Mary-Kate Olsen is baffled by her status as an international fashion icon because she created her sloppy bohemian style by accident. "For me it was laziness," she says. IMDB.COM

Rotting art causing stink

Installation stays till spring

One man's stink is another man's major art project.

A piece by Belgian conceptual artist Jan Fabre at Belgium's Muhka contemporary art museum is challenging the nose as well as the eyes.

The installation Spring Is On Its Way consists of onions and potatoes hung from the ceiling in condoms. And the vegetables are, well, spoiling.

"Like many of his works, it is about transformation and metamorphosis," Muhka's Kathleen Weyts said of Fabre, who had a solo show at the Paris Louvre earlier this year.

Weyts claimed one museum worker complained. Local media reported that plenty of visitors and museum guards were protesting. By yesterday, the smelly, rotting onions and potatoes were the talk of the town.

"Protest Against Fabre's Stink Art," headlined Het Nieuwsblad newspaper.

"Fabre's stinking work raises tempers," the VRT television network said on its website.

Some shoots have broken through the condoms and other condoms have crashed to the ground from the weight of the vegetables.

"It smells of onions but I would not call it a stink," Muhka director Bart De Baere told VRT.

The museum has no plans to remove Fabre's installation, which runs until the start of spring 2009, but it is removing any vegetables that hit the ground.

Eight years ago, Fabre covered some university pillars in Ghent in ham. Sure enough, after a while, the complaints came.

"Fabre always says that art must be a bit smelly," said Weyts.

THE ASSOCIATED PRESS

Cezanne exhibit to open in Philly

ART Philadelphia is preparing for an exhibit of works by post-impressionist painter Paul Cezanne and the artists he influenced.

The show is called Cezanne and Beyond and will open at the Philadelphia Museum of Art in February. It will be the exhibition's only world viewing.

The show includes about 60 Cezanne paintings, plus paintings by Picasso, Matisse and others who were influenced by Cezanne.

Interim museum director Gail Harrity calls it a "once-in-a-generation opportunity."

Tickets are on sale now for museum members and will be made available to the public on Nov. 15.

Officials say the tickets will be timed in an effort to control expected large crowds.

THE ASSOCIATED PRESS

In brief

PEOPLE Oscar-nominee Terrence Howard was reportedly so desperate to win back his ex-wife that he bought her her childhood home, imdb.com reports. The gesture worked; the actor remarried Lori McCommas in 2005 just two years after their 14-year marriage had ended.

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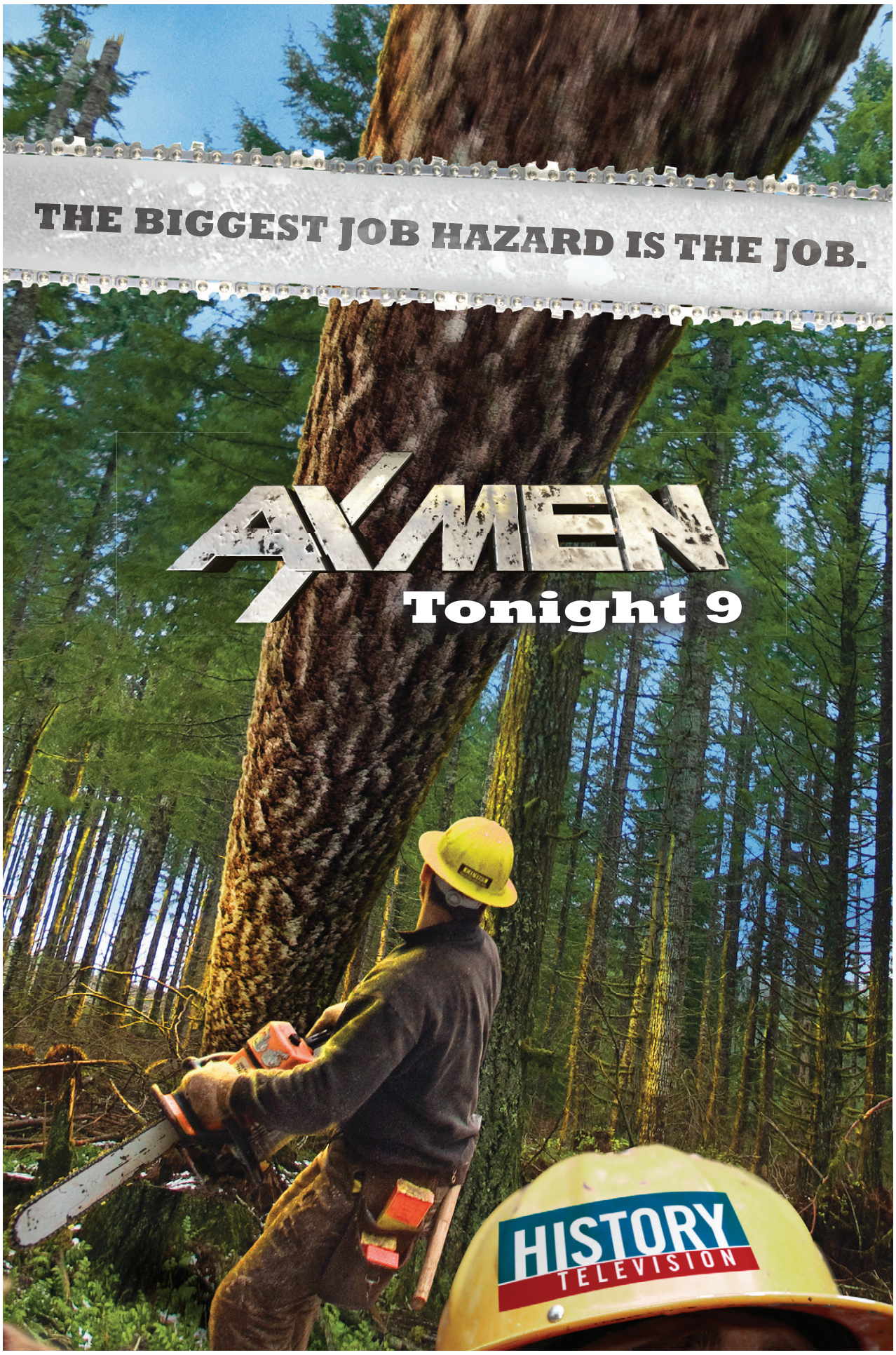

The flamboyant actor-turned-drama teacher, Mr. G, is among the characters on the series Summer Heights High.

Some cool hues for TV's bland

BRIAN COULTON
for Metro Canada

A spoiled hotel heiress searches for her new best friend. Washed up celebrities try to find love. Canadians think they can dance.

Sometimes TV just doesn't get me. Even some of the most commercially successful dramas, with their high-stakes hunts and legal battles, tend to target me as little as nouveau reality fluff.

But, hope is out there for our unfocused, indefinable demographic. Here are a few programs — both old and new — that add needed hues to what can seem like an increasingly bland palette of colour bars.

TWITCH CITY (Canada)

This 1998 offering created by Canada's film and television don, Don McKellar, is one in grave need of rerun.

McKellar stars as wittily apathetic Curtis, a shut-in living in Toronto's Kensington Market who is addicted to ... bad television. We don't know where he gets his money, how he nabbed a girlfriend or why the cats take over the world in a second-season episode, but it doesn't matter!

When you're frustrated with substance absence on the tube, watching a reflection of yourself who's watching TV is refreshingly entertaining. Twitch City is the nearest program to perfection this author has discovered.

Where to watch it: Buy the two-disc DVD containing both seasons, which retails for about $30. The lone, unsold copy is likely waiting for you at your local entertainment superstore.

SUMMER HEIGHTS HIGH (Australia)

"She's a naughty girl with a bad habit, a bad habit for drugs." Sound like a hit song from a high school musical? It is at Summer Heights High!

In mockumentary-style SHH, creator Chris Lilley plays three equally hysterical characters. There's Jonah, the black sheep Polynesian student who lives for break dancing and raising hell in the classroom. Ja'mie (apostrophe optional) is the private school girl whose exchange to a public school shows her where all the lesbians, "bogans" and "fugly" girls come from. Finally, there's Mr. G, flamboyant actor-turned-drama teacher who just wants to tell a sex and drugs-obsessed schoolgirl's story through song and dance.

Where to watch it: American audiences receive SHH on Sunday when it premieres on HBO. In Canada, The Movie Network said it will also carry the program, but has yet to set a date.

PEEP SHOW (United Kingdom)

Robert Webb and David Mitchell (the U.K.'s version of the Mac and PC guys, respectively) play roommates Jez and Mark.

The polar opposites do share a couple of things, a flat and lack of sex among them. Mark is an unattractive downer while Jez is a less unattractive upper. Mark says the wrong thing most of the time. Jez believes he's right most of the time. Mark is a loan manager. Jez is a musician, at least in his own right.

This farcically awkward comedy — all shot from first-person perspective — is like The Office, but set outside the workplace with double the pathetic boss and half the bedroom luck.

Where to watch it: It presently airs on the specialty SuperChannel in Canada. Region one DVDs are also available to purchase online.

Top Girls
Looks at the challenges working women face in both the modern business world and society in general. Runs to Nov. 22 ($44-$65 at 416-866-8666). Young Centre for the Performing Arts, 55 Mill St. Bldg. 49. soulpepper.ca. TORSTAR NEWS SERVICE

theatre

THE FIRE RAISERS By Max Frisch, presented by Theatre @ York; runs to Nov. 8 ($15/$10 at 416-736-5888). Joseph G. Green Studio Theatre, Centre for Film and Theatre, York University, 4700 Keele St.
INNA DI WARDROBE By Deirdre "D-Lishus" Walton is about a young Jamaican-Canadian woman who comes out to her family as a lesbian. The show also features an opening performance from spoken word artist/dub poet D'bi.Young Anitafrika. Runs to Nov. 8 ($15 at door). Palmerston Theatre, 560 Palmerston Ave.
KINDERTRANSPORT Based on first-hand accounts from unaccompanied Jewish children who escaped from Germany in the final months of WWII, is Diane Samuel's work about one young girl's separation from her family and subsequent search for identity. The Harold Green Jewish Theatre Company production runs today to Nov. 23 ($32-$52 at 416-366-7723). Al Green Theatre, Miles Nadal JCC, 750 Spadina Ave.
NATIONAL BALLET OF CANADA Opens the new season with the company premiere of Twyla Tharp's In the Upper Room, presented with George Balanchine's classic ballet Symphony in C and Polyphonia from Christopher Wheeldon. The mixed program runs Wed. to Nov. 9 ($20-$200 at 416-345-9595). Four Seasons Centre for the Performing Arts, 145 Queen St. W.

galleries

DAVID MIRVISH WAREHOUSE AT PACART (1410 Warden Ave., entrance at rear): Tim Scott's exhibit "The 60's: when colour was sculpture" is on display from today to Nov. 16 and weekends only Nov. 22 to Apr. 19, 2009.
CORKIN GALLERY (55 Mill St. Bldg. 61, 416-979-1980): Works by Iain Baxter are on display from Sat. to Dec. 20; Tim Scott's "House of Clay" with recent sculpture is on display from Mon. to Dec. 20.
CRAIG SCOTT GALELRY (95 Berkeley St. 416-365-3326): Christian McLeod's exhibit "Further Unmanned Strategies" is on display to Nov. 23.
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Hannigan's character may be expecting too

Pregnant actress Alyson Hannigan may be giving birth on the small screen as producers of her hit U.S. TV show How I Met Your Mother toy with ideas of rewriting the script to give her character a baby bump. **IMDB.COM**

Simon Cowell to bring campaign drama to U.K.

ELECTION American Idol judge Simon Cowell has been so inspired by the theatrics of the U.S. election campaign, he plans to change the way British politics is covered, imdb.com reports.

The music mogul has been fascinated by the lead-up to today's vote, admitting that Americans have a talent for bringing glamour to politics and making high-brow debates accessible to the public.

And Cowell is determined to change the way political messages are delivered in the U.K. — insisting he could create a TV show to help revitalize Britain's "tedious" political culture and lure a new generation of voters to the ballot boxes.

"The public should be involved. Politics is showbusiness these days."
Simon Cowell

"I know I could engage the audience," he said.

"The public should be involved. Politics is showbusiness these days. More and more so."

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Of politics and prime-time

West Wing drew on reality, but did it also influence it?

IntelleVision

STAY TUNED Back in the '70s, we used to ominously quote the title of a Gil Scott Heron song called The Revolution Will Not Be Televised, the very mention of which was meant to cloak whatever you said next in the credible authority of One Who Knows.

We were wrong about a lot of things in the '70s — haircuts, trousers, architecture, Jimmy Carter, the viability of both open marriages and the Soviet system, to name a few.

We really blew it on the whole TV thing.

But you have to understand that most of us were still only able to access less than a dozen channels at the time, a third of those blanketed in static and snow when the weather wasn't right, another third showing Petticoat Junction reruns for what seemed like half the day.

Today, I think we can be certain that, whatever revolution happens, it'll be covered endlessly on network news, masticated into pulp on cable news, trivialized by any number of reality shows and subsequently eulogized in a series of documentaries and HBO miniseries after the fact.

Sometimes it seems like even this is redundant, since the demands made by countless channels for programming spins off infinite scenarios that anticipate whatever possibilities lie in wait for us in the future.

During its seven season run, The West Wing played out like political fantasy football for liberals — refuge from the reality of a Bush presidency.

The popular political drama depicted a world where a wise, paternal Democrat unafflicted by priapism occupied the White House.

"The West Wing played out like political fantasy football for liberals – refuge from the reality of a Bush presidency."

It's common knowledge that the show's writers based Jimmy Smits' Matthew Santos on Barack Obama, then a freshman senator distinguished for an inspiring speech he'd made at the 2004 Democratic convention.

But a recent New York Times article has itemized the instances where the show's final two seasons, covering Santos' presidential campaign, have proved prescient.

Even the campaign rhetoric is familiar.

"I am here to tell you that hope is real," Smits' Santos tells the crowd at a rally

The Times can fill in the rest. "Viewers can almost hear the crowd cheering, 'Yes, we can.'"

There is, of course, the chicken and the egg question of how much Obama's scriptwriters might have been following the previous script.

That will have to wait for the campaign post-mortem books and articles months, and even years, down the road.

The test of the Times thesis will be apparent tomorrow morning.

A surprise McCain win might reduce the West Wing to a footnote to the Obama candidacy.

We know one thing for sure, though.

For all the insatiable demands of television today, the partisan culture of Hollywood — a constituency that didn't seem to respond to the Democratic leader's early claims that he would bridge the partisan divide — probably won't provide a West Wing for Republicans should Obama win the White House.

primetime 11/4/08

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	265	353	2 TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		10 Days to War			Gorilla	Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	House		90210 (HDTV) (N)		Kitchen Nightmares (N)		News (N)
	215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National (N)		
	214	344	7 CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Privileged (HDTV) (N)		Hates Chris	Friends	News (N)
	212	313	8 CTV	etalk	Hollywood	Criminal Minds (N)		To Be Announced		Indecision: America		News (N)
	218	345	11 E!	The Insider (N)	E! News	*Wide Awake* (2007, Drama) Missy Peregrym.				The Best Years (DVS)		News (N)
	137	763	13 TFO	Panorama		Canada	Villages	*Les Bonnes Femmes* ★★ (1960, Drame)			Aventures	Mâles en péril
	-	-	14 -	Cold Case "Sleepover"		News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15 SUN	Scrubs	George Lopez	*Dazed and Confused* ★★★ (1993, Drama)				To Serve and Protect		Grill Rm.
	-	387	16 CBS	Campaign '08: Election Night (Live)								News (N)
	-	385	17 NBC	2008 Election Night Voting results. (Live)								News (N)
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	ABC News: Vote 2008 Voting results. (Joined in Progress Left in Progress) (Live)						News
	219	346	20 ACH-B	Robson Arms	TMZ (N)	Women of Karaoun		*Criminal Intent*				News (N)
	-	-	28 FOX	Judge Judy (N)	Two/Half Men	You Decide 2008: Election Special (HDTV) (Live)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Keeping Up	Nova (DVS)		The Newshour Election Night Coverage 2008 Election Day report.				
	297	652	330 WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)		CW11 News at Ten (N)		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	90210 (N)

news

	502	390	26 NW	CBC News	Newman	CBC News: The National U.S. election coverage. (N)						
	500	500	33 CNN	(6) Election Night in America Presidential election coverage. (Live)								
	509	504	79 CNB	Your Money, Your Vote: 2008 Presidential Election								Mad Money

sports

	405	417	22 net	Hockeycentral	UFC: Access	World Combat League		Best Damn Sports Show		Sportsnet Connected		Hockey Central
	400	400	30 TSN	That's Hockey!	NHL Hockey Carolina Hurricanes at Toronto Maple Leafs. (HDTV) (Live)					NHL Hockey: Predators at Canucks		
	411	457	58 OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Which Way to... (N)		Pilot Guides
	417	406	81 SC	Pinks (HDTV)	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks (HDTV)

family

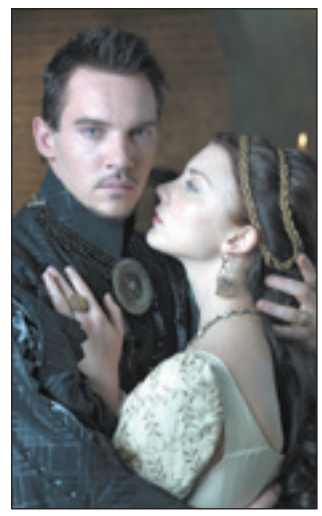
	551	542	25 YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	554	544	45 TEL	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody

cable variety

	602	567	27 W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29 MM	Degrassi: Next	Instant Star	disBand	Technical Diff.	So You Think You Can Dance Canada			Dance	Degrassi: Next
	615	520	31 A&E	CSI: Miami "Tinder Box"		The First 48 (HDTV)		The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft
	700	800	35 TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
	571	581	36 MMM	mmmtop	Where You At	Listed "20 Dirty Ditties"		Popaganda		Don't Forget the Lyrics!		Party of Five
	575	583	38 CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39 SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield		House
	620	523	40 BVO	Desperate Housewives		Live at the Rehearsal Hall		Sweet Soul Music		Samba Squad		Law & Order
	601	562	41 SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	522	506	43 HIS	NCIS "Vanished"		Outlaw Bikers		Ax Men "The Big Hit"		NCIS "Vanished"		Crime Stories
	625	548	44 COM	Air Farce	Corner Gas	Nathan Fielder 2008		The Simpsons	South Park	Indecision 2008 (N)		Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47 TBS	House-Payne	House-Payne	*Anacondas: The Hunt for the Blood Orchid* (2004, Suspense)				Steve Harvey	Family Guy	Family Guy
	576	582	49 BET	106 & Park: BET's Top 10 Live		What's at Stake?		News Special	Dream Speech	The Truth With Jeff Johnson		What at Stake
	627	528	50 SPC	Lost "What Kate Did"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall (N)	Star Wars	Stargate SG-1
	581	566	52 MTV	Busted	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live
	618	524	54 TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	56 FOOD	The Main	Chef at Home	Restaurant Makeover		The F Word (N)		Chef School	At the Table	Restaurant
	261	394	60 V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Charging the Rhino		MythQuest
	621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Politics	Diddy	Paris Hilton's My New BFF (N)		TMZ
	553	546	65 TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101 TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		Présidentielles Américaines: La soirée		
	526	507	249 CLT	Judging Amy		Commander In Chief		The West Wing		Ghostly Enc.	In Dreams	Psychic Inv.
	300	601	301 M1	(7:15) *The Rival* (2006, Suspense) Tracy Nelson.				*One Missed Call* ★ (2008, Horror)			*Trust the Man* (2005)	
	305	612	306 PIX	*Monty Python*	*The Dark* ★★ (1994, Horror)			*Thunderball* ★★★ (1965, Action) Sean Connery.				*White Lies*

critics'corner

The Tudors
When an irresistible force meets an immovable object — off with old immovable's head! In this new episode, Sir Thomas More and Bishop Fisher (Jeremy Northam, Bosco Hogan) continued opposition to Henry's (Jonathan Rhys Meyers) seizure of religious authority get them imprisoned in the Tower of London, where they face execution if they don't swear allegiance to him. Things aren't looking good for Anne (Natalie Dormer) either; Henry's eye is wandering again. 9 PM on CBC



Live at the Rehearsal Hall
In "Kathleen Edwards," the roots-rock singer-songwriter performs an hour of favorites from her debut album, "Failer," as well as her sophomore effort, "Back to Me." Jim Cuddy of Blue Rodeo joins her onstage for "Hockey Skates" from the soundtrack of "Men With Brooms." Lance Chilton hosts the hour. 8 PM on BVO

GlobalStyle

Exclusive at metronews.ca/style: Three rings to complete your look this fall.

Moranis opts out of cartoon

BOB AND DOUG Canada's iconic comic duo Bob and Doug don't sound quite like they used to.

The beloved hosers, immortalized on SCTV by comedians Dave Thomas and Rick Moranis, are set to return next year in an animated series but only Thomas, who plays Doug, is lending his voice.

Moranis' character, Bob, will now be voiced by former Full House star Dave Coulier.

Thomas says Moranis is staying behind the scenes as executive producer and just isn't interested in appearing on the half-hour show, to air early next year on Global.

THE CANADIAN PRESS

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Kidman, hubby carry one-week rule
Actress Nicole Kidman reportedly has an agreement with her husband Keith Urban to never be separated for more than seven days, despite their hectic schedules. **FEMALEFIRST.CO.UK**

Celebrity Buzz

Fox inspires Reynolds to finish marathon

PEOPLE Actor Ryan Reynolds has credited actor Michael J. Fox with giving him a boost as he raced to the finish line of the New York City marathon on Sunday, imdb.com reports.

Reynolds announced he would be running the 42-kilometre stretch last month, inspired to commit to the challenge after witnessing his father's battle with Parkinson's disease over the past 15 years. Fox also battles the disease.

"I'm still standing. I'm very excited about that. It was an incredible experience," he told reporters after crossing the finish line in three hours and 50 minutes.

"(During the race) I thought a lot about my father and Michael (J. Fox) and the 500,000 other people afflicted with this awful disease in the United States alone. I ran for those who can't," Reynolds said. "When I saw Michael J. Fox on Fifth Avenue, I gained about 15 pounds in goose bumps. It kind of pushed me through the last six miles or so."

METRO NEWS SERVICES

Amy returns to hospital

HEALTH After a weekend at home, Amy Winehouse has returned to the hospital for ongoing treatment, People.com reports.

The 25-year-old singer has spent the past week being treated at the London Clinic. She left the hospital on Friday, but checked back in yesterday.

"She had a chest infection (last week) and underwent some tests to make sure nothing else was wrong," a source said. (Earlier this year, doctors diagnosed the Grammy Award winner with scarring of the lungs.)

"She has been told to give up smoking and was initially struggling with that — she was covered in nicotine patches at one point. But she is making an effort."

METRO NEWS SERVICES

celebrity brief

Winslet doubted being famous

FAME Actress Kate Winslet didn't think she would ever be famous because she was "fat," femalefirst.co.uk reports.

"I never had huge ambitions, never," Winslet says. "I was fat. I didn't know any fat famous actresses. I just did not see myself in that world at all, and I'm being very sincere. You know, once a fat kid, always a fat kid. Because you always think that you just look a little bit wrong or a little bit different from everyone else. And I still sort of have that."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity brief

Butler reveals near epiphany

PEOPLE Actor Gerard Butler had an epiphany at the Church of the Holy Sepulcher in Jerusalem, Israel, but it wasn't enough to stop him smoking, imdb.com reports.

Butler turned to prayer after hypnotism and patches failed to work, and for a moment, he thought a higher power had helped end his nicotine addiction.

"I really felt an epiphany was happening. I even thought I saw a light around me," he says. "Four hours later, I bought a packet of Marlboro Reds. Who am I kidding?"

METRO NEWS SERVICES

celebrity brief

Osbourne, beau move in together

RELATIONSHIPS Reality TV star Kelly Osbourne is getting serious with her boyfriend, Luke Worrall, PageSix.com reports.

The couple now "live together in Los Angeles and in London," a friend of both says. "They are so totally in love."

METRO NEWS SERVICES

Miller, Getty on rocks?

RELATIONSHIPS Actress Sienna Miller has reportedly shelved her romance with oil heir and actor Balthazar Getty after arguments over their differing lifestyles, imdb.com reports.

Miller is alleged to have recently flown back to Britain from the U.S. after initiating a "cooling off" period with Getty. She is claimed to have clashed with Getty, who recently announced his separation from wife Rosetta, over his reluctance to file for divorce.

However, according to Britain's Mail on Sunday, Getty is also fed up with Miller's partying lifestyle. So the couple has decided to spend some time apart in a bid to save their relationship, the newspaper claims.

A spokesperson for Miller has refused to comment on the reports.

METRO NEWS SERVICES

Moore doesn't want to talk to strangers: Report

FAME Julianne Moore hates strangers talking to her, femalefirst.co.uk reports.

The actress doesn't like fans assuming they know her and wishes they would respect her privacy.

"I simply don't like talking about my acting or the scene or any of that. I need my space," Moore says. "I'm there doing my thing, and to someone who doesn't know me, it will look like they can talk to me. But they can't."

Moore also admits her career decisions are often influenced by the lure of money.

"There is stuff you do because you love to do it, there is stuff that is not very good, and then there's stuff that you end up doing because you need the money, because like anyone else you have to have a job," she explained to Empire magazine.

METRO NEWS SERVICES

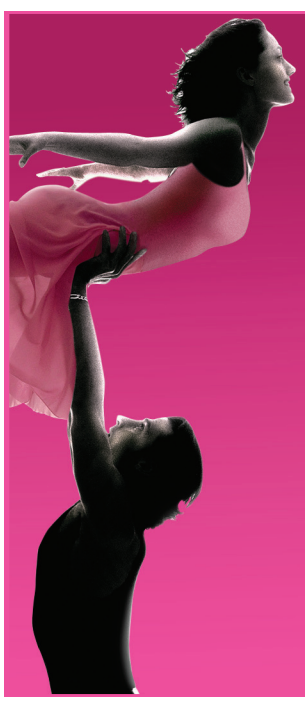
celebrity brief

DiCaprio starts slow with ladies

PEOPLE Leonardo DiCaprio was a "slow starter" with women, femalefirst.co.uk reports.

"I've always been a slow starter," the actor says. "My first date was with a girl called Cessi. We had a beautiful relationship over the phone all summer and then when we met I couldn't look her in the eye," he says.

METRO NEWS SERVICES



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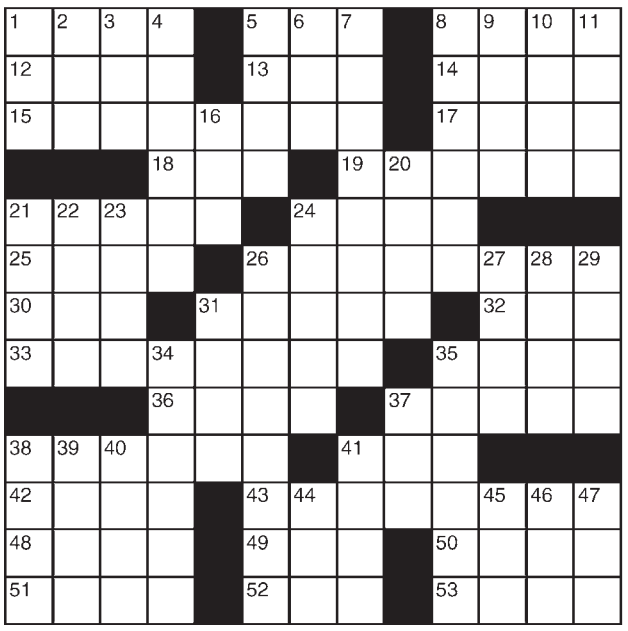
Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		9				3		6
	2		3		4		5	
3			9		1			7
		5	8		2	9		
		1	7		6	5		
1			5		3			8
	9		4		7		6	
7		2				4		5

Crossword across

1 Moist
5 Occupation
8 Crones
12 Reed instrument
13 Blackbird
14 Geometry calculation
15 Dry red wine
17 Eastern royal
18 Reason to say "alas"
19 Drank
21 Pray in a synagogue
24 Arsonist
25 Phrase of understanding
26 Nightclubs
30 Round Table address
31 Bear
32 "Great Expectations" lad
33 Plotter
35 Missile shelter
36 Ceremony
37 Diamond side
38 Shrimp recipe
41 Lout
42 Forum garb
43 "... of — and kings"
48 Supplemented, with "out"
49 Boxing legend
50 Streamlet
51 Small plateau
52 Allow
53 Black

Crossword down

1 "What's up, —?"
2 Lawyers' org.
3 Horde
4 Runt
5 Tarzan's mate
6 Inseparable
7 Gradually
8 Port
9 Bedouin
10 Chromosome component
11 Aforementioned
16 Director Howard
20 Persia, now
21 Platter
22 Largest continent
23 Action word
24 Obey a comma
26 Indispensable
27 Grand tale
28 "Scrabble" piece
29 Dalmatian marking
31 Radar-screen sound
34 Fleet
35 Jungle trek
37 "Terrif!"
38 Goblet feature
39 Pepsi rival
40 A long time
41 Final notice
44 Brewery product
45 Card-table call
46 Wapiti
47 Crafty

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	A	W		S	A	L	E	S		F	U	R		
A	G	A		T	R	E	N	T		O	N	E		
M	O	R	S	E	C	O	D	E		R	I	D		
			I	R	A		E	V	I	C	T	S		
S	A	I	L	E	D		D	E	L	E				
O	U	R		O	E	D		N	A	F	T	A		
P	R	O	F		S	O	S		Y	E	A	R		
H	A	N	E	S		S	P	F		E	K	E		
		H	U	L	L		E	L	U	D	E	S		
V	O	O	D	O	O		N	O	N					
E	R	R		G	U	T	C	O	U	R	S	E		
G	A	S		A	I	R	E	D		A	P	E		
A	L	E		N	E	A	R	S		Y	A	K		

7	2	6	1	5	4	8	3	9
9	1	5	8	3	7	2	6	4
4	8	3	2	9	6	5	1	7
6	9	8	4	7	2	1	5	3
3	4	1	6	8	5	9	7	2
5	7	2	3	1	9	4	8	6
2	3	9	5	6	8	7	4	1
8	6	7	9	4	1	3	2	5
1	5	4	7	2	3	6	9	8

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Curried chicken salad sandwiches

INGREDIENTS:
1/4 cup (50 mL) low-fat plain yogurt
2 tbsp (25 mL) light mayonnaise
1 1/2 tsp (7 mL) curry powder
1 tsp (5 mL) honey
1/4 tsp (1 mL) salt
2 cups (500 mL) chopped cooked chicken (8 oz/250 g)
1 apple, cored and chopped
2 celery stalks, chopped
4 lettuce leaves
2 whole-grain pita breads (8 in/20 cm), halved

METHOD:
1. In a large bowl, whisk together yogurt, mayonnaise, curry powder, honey and salt. Add chicken, apple and celery.
2. Place a lettuce leaf in each pita half and fill with 1/4 of the chicken salad.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Don't project your own flaws onto others. Refusing to commit won't free you. Don't play games with anyone who doesn't know you.

TAURUS
APRIL 21-MAY 21
A close call will distress you. You must ask for help, if you need it. You'll scream when a secret is finally told.

GEMINI
MAY 22-JUNE 21
Meeting someone new can inspire desire. Contact someone to share your good news. A miserable person has breached a boundary.

CANCER
JUNE 22-JULY 22
You're nostalgic about your old loves. Someone won't want to hear the truth. Confusion about signals will open your eyes.

LEO
JULY 23-AUG 23
A bully can be crushed by kind words. Look for emotional support from friends. Refuse to complain about negligence.

VIRGO
AUG 24-SEPT 22
Enjoy someone's fine sense of hilarity. You'll see where recklessness leads. The growth of a friendship will create turmoil.

LIBRA
SEPT 23-OCT 23
A weird man has something to say about a happy situation. Your simple pleasures will cause revelations. Rein in your hopeless expectations.

SCORPIO
OCT 24-NOV 22
You have a chance to leave a bad place. Something that was lost is found. Your special talents will be recognized.

SAGITTARIUS
NOV 23-DEC 21
Conflict is ended by your surrender. If you toe the line, you'll lay yourself open to fury. You can find a lost friend using the Internet.

CAPRICORN
DEC 22-JAN 20
A lover forgives a flirtation. A suspicious employer is checking facts. Don't doubt that a forlorn woman will change a bad situation.

AQUARIUS
JAN 21-FEB 18
A messy state of affairs is resolved well. Despair will crop up if you're slacking off. Beware those who give affection unconditionally.

PISCES
FEB 19-MARCH 20
A savings account should be investigated. Get perspective or you'll be duped by a ridiculous situation. A little man has power issues.

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This day in history

NOV. 4, 1918: The German Revolution begins when 40,000 sailors take over the port in Kiel.
NOV. 4, 1922: In Egypt, British archaeologist Howard Carter and his men find the entrance to King Tutankhamun's tomb in the Valley of the Kings.
NOV. 4, 1973: The Netherlands experiences the first Car Free Sunday caused by the 1973 oil crisis. Highways are deserted and are solely used by cyclists and roller skaters.
NOV. 4, 2002: Chinese authorities arrest cyber-dissident He Depu for signing pro-democracy letter to the 16th Communist Party Congress.

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